Regulation of Food Intake

How can you help your body regulate its food intake?

1. Give yourself permission to eat.
   - Trust, rather than fight against your hunger and appetite.
   - Discover and listen to your body’s signals of hunger and satisfaction.

2. Eat Slowly.
   - Eat slowly and allow your food to catch up with you. Pay attention to the signals of enjoyment and satisfaction your body provides while you eat. Try a mid-meal pause if eating slowly is too challenging.

3. Eat good food; foods you enjoy.
   - Food you dislike or only tolerate will not satisfy you, even if you eat a great deal of it. If you are not satisfied with your meal, you will be back later, rustling around……looking for something else to eat.

4. Eat attentively.
   - Even the best food in the world will not satisfy you, if you do not pay attention while you are eating it. Try to use your eating as a relaxation break, a time when you do not have to multi-task.

5. Set up your surroundings so you have to go to some trouble to eat.
   - If food is too easily accessible, you may eat inattentively. Grabbing food and eating hastily will short-circuit your efforts to regulate your intake. Make food harder to get, so you'll make deliberate decisions to eat. Try a 5 minute delay before you decide to have (more) food to assess what your body wants.

6. Eat regularly.
   - Avoid getting overly hungry or going too long without food.

7. Plan satisfying meals.
   - Include something tasty, something chewy, cold and hot. Notice the combinations of foods that make you feel most satisfied and include them in your meals frequently.

8. Eating for emotional reasons.
   - Be aware that you may be trying to care for some of your other needs with food. Make eating for your emotions work for you. When you want to eat and know you are not hungry as yourself: “what do I want this food to do for me?”

9. Get some movement and enough sleep regularly.
   - Your body depends on enough physical activity and sleep to adequately regulate itself.

Adapted from Ellyn Satter, RD 3/84
Revised: 1/06 D. Roussos, MS, RD, CD
The Eating Ritual

Set up your eating area in some way to define boundaries. Use dishes or napkins. Have a placemat or some area of definition. Get a glass of water.

Get everything you are going to eat rounded up and onto your plate at one time.

Take a deep relaxing breath. Lean back in your chair.

Focus: Get your attention centered on your eating. Looking at your food.

Eat. EAT!

Put your fork down between bites; don’t pick it up again until your mouth is empty. Do the same with finger foods, like sandwiches, french fries, cookies,..

Taste your food carefully. Notice how good it tastes, how it smells and how it feels in your mouth.

If you find yourself speeding up…..just stop…relax….and focus again.

Set up a memory jogger, a special reminder to re-focus your attention on eating. A flower arrangement, a figurine, a picture (postcard), troll doll,…..

Remember, it’s all right to eat more, but first concentrate on what’s on your plate.

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The Plate Method of Meal Planning

The Plate Method of Meal Planning is an easy and helpful way to plan healthy meals for everyone but particularly for those who wish to gain better control of their blood sugar levels, blood cholesterol, blood pressure and/or body weight. Using the Plate Method helps you:

- Develop an eating style that is nutritionally sound and adequate
- Plan meals easily
- Lower your fat and protein intake
- Improve your carbohydrate distribution
- Increase your intake of fiber and calcium
- Eat more fruits and vegetables (antioxidants and phytochemicals)
- Enjoy a variety of foods
- Obtain healthy fats regularly

**Breakfast**

- Water
- Whole Grain Starch (Complex Carbohydrate)
- Fruit (Simple Carbohydrate)
- Optional Lean Protein
- Milk or Yogurt

Healthy Fats: peanut butter, olive oil/canola oil, avocado, nuts or olives

Group Health Cooperative of South Central Wisconsin
Mid-day or Evening Meal:

For those who are just learning to include more fruits and vegetables.

Healthy Fats

Whole Grain Starch (Complex Carbohydrate)  Lean Protein/Meat

Vegetables  Fruit

Milk or Yogurt

Water
# Go, Slow and Whoa Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop.

**GO Foods** – Eat almost anytime  
**SLOW Foods** - Eat sometimes, at most several times a week  
**WHOA Foods** - Eat only once in a while or for special treats

<table>
<thead>
<tr>
<th>Food Group</th>
<th>GO: Almost anytime foods</th>
<th>SLOW: Sometimes foods</th>
<th>WHOA: Once in a while foods</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Nutrient-dense</td>
<td>Calorie-dense</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Almost all fresh, frozen and canned vegetables without added fat and sauces</td>
<td>All vegetables with added fat and sauces; oven baked French fries; avocado</td>
<td>Fried potatoes, like French fries or hash browns; other deep-fried vegetables</td>
</tr>
<tr>
<td>Fruits</td>
<td>All fresh, frozen, canned (in juice)</td>
<td>100 percent fruit juice; fruits canned in light syrup; dried fruits</td>
<td>Fruits canned in heavy syrup</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>Whole-grain breads, pita bread; tortillas and pasta; brown rice; hot and cold unsweetened whole grain breakfast cereals</td>
<td>White refined flour bread, rice and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes</td>
<td>Croissants; muffins; doughnuts; sweet rolls; crackers made with trans-fats; sweetened breakfast cereals</td>
</tr>
<tr>
<td>Milk and Milk Products</td>
<td>Fat-free or 1 percent reduce-fat milk; fat-free or low-fat yogurt; part skim, reduced fat and fat-free cottage cheese</td>
<td>2 percent low-fat milk; processed cheese spread</td>
<td>Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt</td>
</tr>
<tr>
<td>Meats, Poultry, Fish, Eggs, Beans and Nuts</td>
<td>Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes</td>
<td>Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat</td>
<td>Untrimmed beef and port; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat</td>
</tr>
</tbody>
</table>
Go, Slow and Whoa Foods, continued

<table>
<thead>
<tr>
<th>Food Group</th>
<th>GO Almost anytime foods</th>
<th>SLOW Sometimes foods</th>
<th>WHOA Once in a while foods Calorie-dense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrient-dense</td>
<td>Ice milk bars; frozen fruit juice bars; low-fat frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels</td>
<td>Low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream</td>
<td>Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn</td>
</tr>
<tr>
<td>Sweets and Snacks*</td>
<td>Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream, vegetable oil, olive oil and oil-based salad dressing**</td>
<td>Butter, margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips</td>
<td></td>
</tr>
<tr>
<td>Fats</td>
<td>Water, fat-free milk or 1 percent reduced-fat milk; diet soda; diet iced teas and lemonade</td>
<td>2 percent low-fat milk; 100 percent fruit juice; sports drinks</td>
<td>Whole milk; regular soda; sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice</td>
</tr>
<tr>
<td>Beverages</td>
<td>Skinless chicken breast</td>
<td>Baked potato with 1 tsp. butter and 1 tsp. sour cream</td>
<td>French fries</td>
</tr>
<tr>
<td>Meat</td>
<td>Slice of toast</td>
<td>Slice of French toast</td>
<td>Doughnut</td>
</tr>
</tbody>
</table>

* Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited in order to not exceed one’s daily calorie requirements. 
** Vegetable and olive oils contain no saturated or trans fats and can be consumed daily, but in limited portions to meet daily calorie needs.

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc. 2002

From Go to Slow to Whoa: The Importance of How to Prepare Food

<table>
<thead>
<tr>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
</tr>
</thead>
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<tr>
<td>Vegetable</td>
<td>Plain baked potato</td>
<td>Baked potato with 1 tsp. butter and 1 tsp. sour cream</td>
</tr>
<tr>
<td>Bread</td>
<td>Slice of toast</td>
<td>Slice of French toast</td>
</tr>
<tr>
<td>Meat</td>
<td>Skinless chicken breast</td>
<td>Chicken with skin</td>
</tr>
</tbody>
</table>
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