

25 WAYS TO THINK THIN

1 Set reasonable goals for yourself. Weight reduction should be slow. You've had all your life to form those "bad habits," so don't expect to change them all overnight. If you slip and eat something you shouldn't, don't drown yourself in disappointment by beginning an eating binge.

4 Take a "before" picture. You'll really be able to see the difference the diet makes when you've finished losing the weight you desire. That's a great reward in itself.



6 If you serve your food "family style" (passing bowls of food around the table), serve from the kitchen stove instead. This way, the food will be out of sight, and people can help themselves just the same.

9 Don't watch TV or listen to the radio while you're eating. Without these distractions, you'll feel you're getting more out of each mouthful.

12 Keep a food diary to help you become more aware of why you overeat. Record the time and what was happening at the time. Were you watching another person eat or a TV show? Also record your feelings at the time. Were you bored, angry, or sad? See if any pattern of overeating emerges from the diary.

13 Chew each mouthful of food 20 times before swallowing. It will increase your concentration on what you're eating and stretch the time you spend eating.

16 Bring a mirror to your own table and watch yourself eat. Do you look like you're racing against time to finish a meal? Do you like the way you look as you eat?

18 Buy yourself a present to reward yourself instead of eating. The present should have nothing to do with food but should be clothing or some sort of entertainment.

21 Avoid social functions that revolve around food if you feel you can't yet resist all the temptations.

24 Make a list of the reasons why you want to lose weight before you begin your diet. While you're dieting, you can read your reasons to help you maintain your willpower.

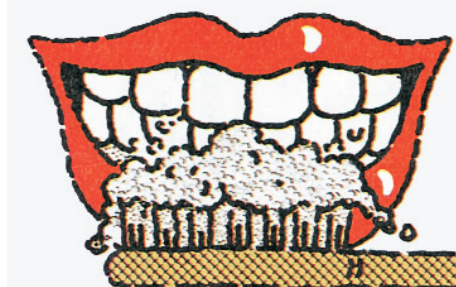
2 Go out to a restaurant and watch other people eat. Compare how a thin person and a heavy person eat.

5 Take up a new hobby instead of eating. If you get into sewing or woodcrafting, for instance, you'll find your hands will be busy and your mind occupied. You won't have time to think about eating.

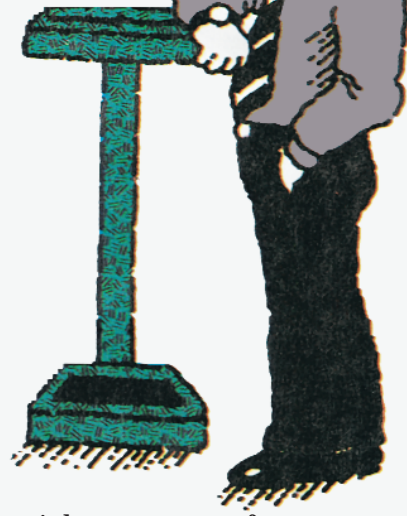
7 Don't attach your weight loss to a specific date or event. Your goal should be long-term weight control, not losing 10 pounds to get into a holiday outfit.

10 Get more involved in family projects and community activities. Many people eat simply out of boredom and will find that other activities are much more fulfilling.

14 Never skip a meal. This could be dangerous if you take insulin. Besides, most people find that if they skip one meal, they just overeat at the next meal.



3 Don't weigh yourself too often. It's easy to get discouraged if you don't see results on the scale every day.



8 Don't list too many forbidden foods for yourself. Almost all foods can be worked into your meal plan, and nothing makes a food more tempting than to prohibit it altogether.

11 Always keep food out of sight. "Out of sight, out of mind" means you may not even think about food if you're not constantly looking at it.

15 Restrict your eating to one place. Don't take food into your bedroom or study. This will reduce the number of places you associate with food and eating.

17 Brush your teeth right after you finish eating. Once you get rid of the taste of food, you won't think about it so much.

19 Eat *before* attending a social function that features food. That way, you won't be tempted to eat something you shouldn't once you're there.

22 Trim recipes. Make only the amount you need for one meal or place leftovers in the refrigerator before you start to eat. This cuts out second helpings.

25 Take a walk or do some kind of exercise instead of eating. Exercise has the added advantage of burning calories and decreasing insulin dosage. It also makes you feel good about yourself; overeating never does.



20 Write out a shopping list before you go to the supermarket. Stick to the list and don't buy extra items.

23 Never go to the supermarket when you're hungry. You just may be tempted to buy a lot of food you'll regret having bought when you get home.

