



Eight Steps to Sensible Eating

1. Reduce Portions

You don't have to cut out foods that you like. You just need to cut down on all foods you eat except fruits and vegetables. For example, eat one cookie instead of three, or one slice of bread instead of two. Use a smaller plate or don't feel as though you need to fill your plate. Tell yourself that it is okay to leave food on your plate at the end of the meal.

2. Eat Slowly

Put down your fork during your meal while you chew. You need time for your brain to tell you when you are full. If you eat fast, you will eat more than you need because you don't realize that you are full. Allow at least 30 minutes for each meal. Take smaller bites and chew more. This will give your brain time to tell you that you have had enough.

3. Make Snacks Healthy

Avoid high fat/high calorie snacks such as:

- Cookies
- Potato chips
- Regular sodas

If your child needs a snack offer low calorie foods like fruits or vegetables. Reach for water instead of soda or juice. Limit juice to less than 8 ounces per day.

4. Reduce Fat Intake

It's easier than you think to reduce your fat intake. Cut down on the amount of cream, butter, bacon, ice cream and cheeses that your child eats. Bake your food instead of frying it. If your child is less than 1 year old do not limit fat intake.

5. Don't Eat After Supper

Try to limit eating after dinner and before bed.

6. Drink Plenty of Water

Fluid needs vary greatly depending on age, weight, season, and individual needs. Offer fluids throughout the day. Substitute water for other forms of drink such as juice, soda, tea, etc.

7. Eat At A Table

Try not to sit in front of the TV while eating as this tends to lead to overeating. Eating at the table allows your family to focus on the food that they are eating and allows time for family members to talk about their day.

8. Follow the Food Guide Pyramid

(Food Guide Pyramid from the US Department of Agriculture and the U.S. Department of Health and Human Services)

