

Meal Time Info

1. Learn to "eyeball" standard portion sizes and stick to them when dining out or dishing up meals. Keep these tips in mind: 3 oz. of meat is the size of a deck of cards or an audio tape; 1 oz. of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta looks like a tennis ball.
2. Learn the art of mini-meals, these mini-meals will help to keep your blood sugar on a nice even keel throughout the day. Focus on separating your meals 3-4 hours apart.
3. Keep temptations out of sight. We all have families that may not be onboard with us nutritionally so try to curb those binges & bad eating by keeping the snicker & chips out of sight. Your family should be there to support you & your healthy choices so get them involved.
4. When it comes to meal time get creative. Try to choose foods off of "The List" so that you can ensure your success. A lot of us want that variety in our diets & there are plenty of foods to work with when it comes to making meals, so try new things & mix it up!
5. If you feel like you are extremely hungry & want to eat heavy start your meal out with a full portion salad. Top it with turkey cubes, fat-free dressing, parmesan, & veggies. Steer clear of the fatty cheeses, calorie packed dressings, & bacon bits. Keep your salads nice & light with some lean protein on top & you will help satisfy that big hunger.
6. Feed the body not your appetite. It takes up to 30 minutes for the stomach to feel full, eat your controlled portions & walk away. So often we stuff ourselves with too many calories, most of which aren't productive calories. With your new eating habits you should never really feel full or hungry. This will help to prevent insulin spikes which keep our body from burning off those calories.
7. Eat your bigger meals earlier in the day, stay away from big meals in the evening. We want to be eating these balanced meals but towards the evening our bodies are winding down from the day & we do not need a lot of carbs. Cut your carbs in half in the evening & up your protein to help you achieve a fuller feeling if you need to.
8. Prepare, prepare, prepare...and yes I was a boy scout! The biggest & best tip I can tell you is to prepare your meals ahead of time. Preparation will help you get away from the snack machines, the QuikTrip visits, & the potato chips when you get home after work! Do what you *need* to do, not what you *want* to do!!!