

Tips to Prevent Overeating

- Eat regular meals. You need to have breakfast, lunch, and dinner. If you are hungry before your next meal, it is good to take a healthy snack e.g. fruits, plain crackers or sandwich.
- Eating regular meals and snacks will prevent you from overeating at the next meal.
- When you are craving for food, take a breath and ask yourself, "Am I truly hungry?", before you reach for food. Eat only when you are physically hungry.
- As you eat, stop from time to time to see if you are still hungry. Eat until you are not hungry. There is no need to eat until you are 100% full.
- Chew your food slowly. Try to take 30 seconds to enjoy each bite. This will help you feel more satisfied and help you to eat less.
- Put cutlery down between each bite during your meal; don't rush through your meal.
- Drink some water before meals and along with each meal.
- Use a smaller plate to place your food to cut down the amount you eat. The same amount of food looks more on a smaller plate.



- Limit how often you go for "All-You-Can-Eat" buffets. Most people tend to overeat at buffets.
- When you eat out, always order a smaller portion of food.
- Share your food with family members or friends if it is served in large portion.
- Try not to do other activities, such as watching TV or working while you eat, so that you can enjoy what you are eating and at the same time, keep track of how much you are eating.
- When you feel stressed, try to do other relaxing activities, such as taking a walk, reading a book or talking to a friend, instead of reaching for food.

Dietitian: _____

Date: _____

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