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**Am I Hungry? E-Newsletter
November 2005**



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SEASON OF EATING?

Are you one of those people who anticipate and dread the holidays at the same time? Not just the presents, decorations, travel and company, but all of the food?

The truth is this time of year even challenges Instinctive Eaters. This month's article will help you enjoy the season more while eating less.

Need a great gift giving idea for someone you really care about (maybe yourself!) – how about a healthier, happier life. Order Am I Hungry? What To Do When Diets Don't Work now and we'll pay your shipping and handling when you click this special link (available for a limited time):

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Wishing you optimal health and joy!
Michelle May, M.D.

15 STRATEGIES FOR HOLIDAY EATING WITHOUT WEIGHT GAIN

By Michelle May, M.D.

- It is easier to get distracted from signals of physical hunger and satiety at social gatherings, especially if food is the main event. Make an effort to pay close attention to your body's signals.
- Think of your appetite as an expense account. How much do you want to spend on appetizers or the entrée? Do you want to save some room for dessert? Go through this process mentally to avoid eating too much food and feeling uncomfortable for the rest of the evening.
- Pace your eating prior to the event so you will be hungry but not famished at mealtime.
- Socialize away from the sight of the food.

- Survey all of the food at a buffet before making your choices. Choose the foods that you really want most at that time and remind yourself that you can have the other foods at a later time.
- Eat slowly and mindfully, savoring each bite. If the food is so special, eat it that way.
- If the food doesn't taste as good as you expected, stop eating it and choose something else.
- Since the duration of the meal tends to be extended at social events, you may need to have your plate taken away (or put your napkin on it) once you are satisfied to avoid nibbling unconsciously.
- Be aware of the effects of alcohol on your food intake. And don't forget that many beverages contain calories too.
- Be cautious of "obligatory eating" – avoid eating just because it is on the table, on your plate, because you paid for it, or because someone made it.
- Deal with Food Pushers with a polite but firm, "No thank you. If you are concerned about hurting their feelings, ask for the recipe or a small portion to take home with you for another meal.
- It's common at many places of business to have candy and snacks set out this time of year. Avoid indulging in food just because it's there. Grazing unconsciously will lead to many extra calories that you may not even remember enjoying.
- Before having a cookie, a piece of fudge, or other holiday treat that was laid in the break room, check your hunger scale. If you are hungry and you wish to choose a particular food to satisfy you, remember to sit down and eat it mindfully.
- At restaurants, request appetizer portions, share an entrée, or have the server package up your meal to go as soon as you feel satisfied. Remember, "super-size" is no bargain if you didn't need that much food in the first place!
- Look for opportunities for physical activity – take a walk after dinner to enjoy the lights, take a few laps around the mall before it opens to do some window shopping, or take guests to local attractions.
- Most importantly, delight all of your senses. Enjoy the company, the atmosphere, the entertainment, and the traditions as much, if not more, than the food.

COMPLIMENTARY SHIPPING AND HANDLING

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RESOURCES FOR HEALTH PROFESSIONALS

Take a look at these helpful Health Guides available to you and your patients at <http://familydoctor.org/864.xml> .

These Health Guide booklets are also available as part of the Americans in Motion "AIM to Change" tool kit from the American Academy of Family Physicians. Visit: <http://www.aafp.org/aim.xml> .

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