

Think Right

Section

10

LiveRight Section 8 Review Quiz:

CLUE: Fill in the blanks below using LDL, darker, or HDL
- Answers are on page 237 -

- _____ cholesterol is good for your heart, and _____ cholesterol is bad for your heart.
- _____ fruits and vegetables are especially rich in “Heart Smart” nutrients.

Goals for Week 9:

- Understand how improving self-talk can help you reach your weight management goals.
- Learn to recognize common thinking errors.
- Identify those external “triggers” that can interfere with your weight management program.
- Learn how to identify your hunger signals.

Improving Self-Talk

You may not know it, but the way that you think is a learned process that leads to your feelings and behaviors. Most everyone has a little voice in their head that they use to solve-problems and accomplish tasks. This self-talk is based on personal beliefs learned through life experiences. Most of the time, self-talk leads to desired feelings and healthy behavior. However, thinking errors can lead to unwanted feelings and unhealthy behavior. If you can improve your self-talk, you give yourself a better chance to reach your weight management goals.



Start examining your own thoughts. You cannot control many of the events in your life, but your thinking directly influences how you feel and react to events that occur in your life. This concept is the basis for Rational Emotive Behavior Therapy (REBT). Many counselors and psychologists teach REBT as a way to help people with and without SCI gain a healthy view of their lives.

You can use Chart 1 as your step-by-step guide showing how events in your life can trigger a “chain reaction” that can have a negative impact on your weight management program along with your overall well being.

Chart 1

Event (something happening)



Beliefs (self-talk)



Emotion (feeling)



Behavior (what you do)



Consequence (results of behavior)

Example:

Event = You are in rush when traffic in front of you is slow.
↓
Self-Talk = *What idiots! These people are the worst drivers on the planet!*
↓
Emotion = Rage
↓
Behavior = Scream, Banging hands on steering wheel
↓
Consequence = Distracted from traffic and driving (at higher accident risk).
High blood pressure

In the example above, the behavior of the person has put him/her at higher risk for harm. For behavior to change, there has to be a change in feeling that results from self-talk. You have no control over the flow of traffic, but you have control over your self-talk.

Example:

Event = You are in rush when traffic in front of you is slow.
↓
Self-Talk = *I'm going to be late. I wish I had left earlier!*
↓
Emotion = Frustration
↓
Behavior = Finger tapping on steering wheel
↓
Consequence = Attentive to traffic and driving.

Think about how many different ways 100 people might think in response to the same event. There might be 100 different ways that 100 people think about the same event because people are different. The feelings and behaviors will change based on self-talk.



Recognize and correct thinking errors. What you think about is much more important than what actually happens to you. Anytime an event occurs in your life, you start to talk to yourself about that event. This self-talk is based on what you know or what you believe to be true. For example, a person who gets a promotion at work might think, “I earned it!”

There are 6 common thinking errors that can have a negative impact on your weight management program.

1 All-or-Nothing Thinking

Avoid words like “always”, “never”, nobody,” and “everyone?” These words are the foundation for self-defeating thoughts. EatRight is not an all-or-nothing process. As you

saw with goal setting, each person will have different goals that often change. Those who do succeed have realistic views.

Examples of All-or-Nothing Thinking:

- *“I’ll never lose weight.”*
- *“Nobody with spinal cord impairment can benefit from exercise.”*

Example of Realistic Focus:

- *“I can exercise and lose weight, but it takes time and hard work to reach my goals.”*

2 Over-Exaggeration

Many people over exaggerate a situation or turn some small event into something big or impossible.

Examples of Over-Exaggeration:

- *“I ate one cookie and gained 2 pounds.”*
- *“I’ll have to exercise everyday next week because I was too busy to exercise this week.”*

Realistically, you might gain 2 pounds by eating many cookies every day for a week, but you are not going to gain weight by eating one cookie. Likewise, you might exercise a little more the next week if you miss a week of exercise. However, it is also OK to simply resume your old routine, especially if trying to make up time exercising adds stress to your life.

You also want to avoid over-exaggerating something small into something big or something big into something impossible. It is important to keep events in perspective. For example, misplacing your car keys is a frustrating inconvenience, but many people respond with anger and/or rage and destroy their house looking for misplaced keys. Such a response only adds more stress. If you keep problems in focus, they become easier to solve or manage.

3 Focusing only on the Negatives

Losing weight is hard work. Too often people focus on negatives and ignore the positives. You may have problems or setbacks, but it is important to recognize any steps forward.

Example of Negative Focus:

- *“I only lost 1 pound this week and my goal was to lose 2 pounds.”*

Example of Realistic Focus:

- *“It’s great that I’ve lost weight this week, but I am going to keep looking for ways to reach my goal.”*

4 Thinking Things “Should” or “Must” be a Certain Way.

Think about how many times in a day that you say something should or must be a certain way. Most of the time, you experience stress and/or anger when things are not as you think they should or must be. It is important to express your views and desires without being nonflexible. Then, you might be frustrated when things do not go as planned, but it will not be a catastrophe.

Examples of “Should” and “Must” Thinking Errors:

- *“I should be losing weight faster.”*
- *“I must follow the EatRight program exactly if I am to succeed.”*

Example of Realistic Focus:

- *“I would like to lose weight faster.”*
- *“I do not have to be perfect to succeed.”*

5 Predicting the Future.

The best you can do is plan for the future, you cannot be certain what the future holds no matter what you think might happen. If you are planning to fail, however, chances are that you will find a way to fail. Of course, chances are that you will also find ways to succeed if success is what you want.

Examples of Predicting the Future:

- *“I failed at my last weight loss attempt, so I’ll probably fail at this one too.”*
- *“I’ll surely blow my weight loss program when I’m away on vacation!”*

Example of Realistic Focus:

- *“I can lose weight if I really work hard.”*
- *“It might be hard to stick to my weight loss program on vacations, so I’m going to make a plan to keep me on track.”*

6 Self-Criticism

Many people are overly self-critical. Such thoughts can lead to feelings of shame and worthlessness. Self-criticism almost always results in a loss of desire to improve your health. In other words, there is usually no motivation to improve yourself if you feel that you are not worth improving.

Examples of predicting self-criticism:

- *“I’m a bad person because I’m overweight.”*
- *“I’m a failure because I didn’t reach my goal.”*

Again, it is important to be realistic. You are neither a “failure” nor a “bad” person if you fail at tasks or your body is not perfect. You are simply human, which means you are imperfect and capable of mistakes. Of course, you are also capable of success. Remember to give yourself a “pat on the back” each time you succeed.



Understand your Feelings. You can see that your thoughts have a direct impact on how you feel, and your feelings have an impact on your behavior. Although some people assume that their feelings are “good” or “bad,” this is not true. Feelings are neither good nor bad. It is the behavioral response to feelings that can be healthy or unhealthy. For example, a person may feel *angry* for not losing weight one week. Anger might be a natural response for a person who thinks that he/she has worked hard on eating the right foods and exercising, but he/she has no results to show for the hard work. A person who is angry might not be pleased with the results, but he/she is not likely to do anything harmful to him/her self or others. On the other hand, a person who experiences *rage* is likely making thinking errors in response to not losing weight. The person may be thinking that he/she “should” have lost weight and may do something harmful or destructive to him/her self and/or others.

Most of the time, people can easily identify your feelings such as happy, angry, guilty, worried, or sad. These feelings are natural responses to what you are thinking. However, feelings such as rage, shame, anxiety and depression are overly extreme. These “extreme” feelings are due to serious thinking errors and often result in serious behavioral problems. There are an endless number of feelings that persons might experience. In the list feelings below, you can compare the differences between feelings.



<i>Anger</i> is a strong feeling of displeasure.	<i>Rage</i> is violent and uncontrolled anger.
<i>Guilt</i> is the feeling that I have done something bad.	<i>Shame</i> is the feeling that I am a bad person.
<i>Worry</i> is a feeling of concern.	<i>Anxiety</i> is an overwhelming sense of apprehension and fear often marked by signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.
<i>Sadness</i> is an expression of grief or unhappiness.	<i>Depression</i> is medical condition marked by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies (if you are experiencing 3 or more signs of depression, contact your doctor immediately for advice on treatment).

List of a few feelings that might result from thinking errors

Distracted	Agony	Irritable	Resentful
Distraught	Alienated	Irritated	Scared
Distressed	Anguished	Jealous	Self-Conscious
Disturbed	Animosity	Livid	Shocked
Dread	Anxious	Lost	Stressed Out
Enraged	Shame	Mad	Suspicious
Exasperated	Aversion	Mean	Tense
Exhausted	Bitter	Melancholy	Terrified
Foreboding	Contempt	Miserable	Tired
Forlorn	Dejected	Mistrustful	Torn
Frazzled	Depleted	Mortified	Troubled
Frightened	Depressed	Numb	Turbulent
Furious	Despairing	Outraged	Uncomfortable
Hateful	Despondent	Overwhelmed	Unconcerned
Heartbroken	Detached	Panicked	Uninterested
Helpless	Devastated	Passive	Unnerved
Hopeless	Disaffected	Perturbed	Unsettled
Horrorified	Disconcerted	Pessimistic	Upset
Hostile	Disconnected	Petrified	Uptight
Hurt	Disgruntled	Pining	Vulnerable
Incensed	Disgusted	Regretful	Weary
Indignant	Disheartened	Remorseful	Withdrawn
Insecure	Dismayed	Removed	Worn Out
Irate	Distant	Repulsed	Wretched



Take control of your life. You are in control of your life, and only you are responsible for the choices that you make. You are capable of making both good and bad decisions because you are human. You have strengths and weaknesses. You are unique in many ways, but you are also like others. You are capable of success and failure, and you can learn from your failures to reach success.

Helpful thinking exercises for weight loss success:

- ✓ Picture yourself managing eating occasions wisely.
- ✓ Give yourself lots of praise when you succeed, big and small.
- ✓ Remind yourself that you can succeed in spite of setbacks!
- ✓ Visualize yourself achieving your goals.

Triggers & Urges



Know your triggers! Some people and situations can trigger a desire to eat whether you are hungry or not. These triggers often become stronger and stronger each time you reinforce the trigger with food. Eventually, you do not want to do one without the other.

People:

You may notice that you tend to disregard your weight management program when you are with certain people. Most often, these people are family and/or friends. You may want to eat foods that are not part of your program when you spend time together. This makes it more difficult to reach and maintain your weight management goals. Therefore, you have to develop a strategy to manage your eating habits when you are with others.



Family and friends can be a wonderful source of reinforcement and rewards with a bit of prompting. They love and care about you, so ask them for words of support and encouragement as often as you need it. Tell them specifically what they can do or say that would be most helpful. Ask for feedback or praise. Ask family and friends to comment or compliment positive changes they notice in your healthier lifestyle.

If friends and family are not being supportive, realize they may be having difficulty with the changes you are making. You may be increasing their awareness of their own health, or they may be having difficulty coping with the household changes brought about by your lifestyle changes. Let them know you understand their side and ask if they can support you.

People may want to support you but not know how to help. You can offer suggestions that fit your needs.

- 1 “I feel ____; I need ____; Would you please ____?” format to communicate your needs to others.
- 2 Give them specific suggestions describing better ways for them to support your efforts.

Situations:

You probably have a habit of eating when you are in certain situations. Many people are “emotional eaters,” which means their emotions trigger a need to eat. You may have eat when you are sad after relationship problems, or you may want to eat to celebrate your feelings of happiness after your favorite team wins the big game. Some people simply want to eat when they are at work, ballgame, or watching TV.



There may be situations where you eat impulsively. You pick up a snack when you stop for gasoline. You might grab a candy bar in the grocery check out. You might grab a cookie from the cookie jar on the kitchen counter.

Managing Triggers:

Fortunately, triggers can be managed with good planning. You can identify situations where you are likely to eat impulsively. Once you identify these settings, you can develop a plan to change your habits. For example, pay for your gas at the pump and eliminate going inside the station where you could purchase snacks. Again listen to your self talk. Ask yourself if you are really hungry when you are in these certain settings.

Helpful hints for managing triggers and urges:

- ✓ Use your Daily Food Journal.
 - During the past weeks you have been recording when you eat and your mood. This can help you keep track of situations or feelings that might trigger unhealthy eating habits. Once you can identify those “trigger” situations, you can see what your response is, how you felt and how you could handle the situation differently in the future.
- ✓ Only eat at scheduled meal and snack times.
 - First, follow a schedule for eating meals and snacks each day. A schedule is especially important to your weight loss program. This helps you know if your body is really telling you it needs food. If it is not time to eat, then a “trigger” or an “external cue” is probably causing the desire to eat. These outside influences cause impulsive eating.
- ✓ Keep food out of sight.
 - Remember “out-of-sight, out-of-mind”! Put away leftovers immediately. Store food out-of-sight (especially snack foods!). Stay out of the kitchen except during meal or snack preparation. Encourage (be assertive) family members, friends and co-workers to keep inappropriate foods out of sight.
- ✓ Distract yourself.
 - If it is not time to eat, engage in some kind of activity that is incompatible with eating.
- ✓ Do not use food as an escape.
 - Do what is necessary to solve problems and deal with feelings.
- ✓ Have a specified place at home or work to eat your meals.
- ✓ Brush your teeth immediately after a meal - a signal that the meal is over and it is time to stop eating.
- ✓ Exercise instead of eating when you are not hungry.

You can better manage *external triggers or thinking errors* if you listen to your body’s hunger signals. Eating when you are not actually hungry causes weight gain. With practice, you can learn the difference between true hunger and impulsive eating. You can then have some strategies ready when you are not hungry.

You can use the Mealtime Hunger and Fullness Scale. If you feel that you are hungry enough to eat anything in sight, which is a 1 on the scale, you have waited too long to eat and are more likely to eat quickly and overeat. Ideally, you want to eat when you are hungry, which is a 2 on the scale. As you are eating, eat slowly because it takes 20 minutes for the brain to register food intake and tell the stomach it is full. If your feeling is a 3 on the scale, you can wait a little longer before you eat. When you are full and satisfied, which is a 4 on the scale, you should stop eating. You want avoid overeating, which is a 5 on the scale.

Mealtime Hunger and Fullness Scale

Definite Mealtime		Eat later	Stop eating	
1	2	3	4	5
Eat anything in sight hunger	hungry	A little hungry	Full and satisfied	Overeaten and Thanksgiving Day full

Web Links

At the end of each weekly Section, you will find a list of related web sites for information discussed in this week’s lesson. If a web address changes or you cannot find a listed web site, open you web browser to your favorite search engine to locate the current web address.

☆ www.rebt.org (Albert Ellis Institute)

☆ www.apa.org (American Psychological Association)

☆ www.beckinstitute.org (Beck Institute for Cognitive Therapy and Research)

LiveRight Section 9 Review Quiz Answers:

- HDL cholesterol is good for your heart, and LDL cholesterol is bad for your heart.
- Darker fruits and vegetables are especially rich in “Heart Smart” nutrients.

Action Plan

ThinkRight

Section 10



Complete the weekly “Action Plan.” Answer the questions; make notes to help you on your Program. You can check off your accomplishments as you complete them.

- Review the information on self-talk and feelings.

- Record your mood when you write down what you had to eat in your Daily Food Journal.
 - If you have unwanted feelings, take note of your situation or events associated with these feelings.
 - What self-talk may have lead to your feeling?

- Continue to complete your Daily Food Journal and make your Meal Plans.

- Try using the Hunger/Fullness scale when you have the urge to eat. Are you really hungry?

- Review ThinkRight material.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 1 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 1 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A		4	4	6	4	5		
	Program B		5	5	8	5	6		
Daily Physical Activities:									

Daily Tip:
Recognize your “eating habits.”

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 2 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 2 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A		4	4	6	4	5		
	Program B		5	5	8	5	6		
Daily Physical Activities:									

Daily Tip:
 Have healthy snacks handy, even at work and when doing errands to prevent hunger and overeating.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 3 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 3 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A	4	4	6	4	5			
	Program B	5	5	8	5	6			
Daily Physical Activities:									

Daily Tip:
Avoid skipping meals.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 4 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 4 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A	4	4	6	4	5			
	Program B	5	5	8	5	6			
Daily Physical Activities:									

Daily Tip:
Pat yourself on the back when follow your menu plan.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 5 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 5 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A	4	4	6	4	5			
	Program B	5	5	8	5	6			
Daily Physical Activities:									

Daily Tip:

Pay attention to your feelings. Many people eat when bored, sad, angry or stressed – even when not hungry.

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 6 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

Day 7 _____

Program A (1500 Calories)

Program B (1800 Calories)

		FOOD GROUPS				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
Breakfast Meal Plan:						
Lunch Meal Plan:						
Dinner Meal Plan:						
Snack Plans						
Totals						

Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

Day 7 _____

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A	4	4	6	4	5			
	Program B	5	5	8	5	6			
Daily Physical Activities:									

Daily Tip:

One step to avoiding weight gain is “do not eat if you are not hungry!” Make a mental note when you eat as to how full you feel.