Healthy Eating Is Easier Than You Think
By Paul Klink, MD, Summit Weight Management Services

As we approach to the holiday season, you may be planning to have dinner at a restaurant with co workers or you may be making special snacks for your home. Either way, healthy eating is not always at the top of our “to do” list at this time of year. The good news: healthy eating and portion control can be a lot easier than you think.

Restaurants can sometimes serve us more food than one person needs at one meal. So, how do you avoid overeating? It’s easy. Take a friend with you to dinner and split your entrée. Or when you order, ask your server to bring you a “to-go” box with your meal. Split your food and put half into the box before you even start to eat.

Portion control is easy at home too. When you have your attention on something other than eating, it’s not hard to eat too much. Do you grab a bag of chips or cookies, sit down in front of the TV, and before you know it, have eaten half the bag? How do we stop doing that?

Well, an easy way to avoid eating too much while snacking in front of the TV is to put a small amount of the snack into a separate bowl or container. Close the snack bag and put it away. Then you can enjoy the show while only eating a small healthy snack.

What about those snacks or cookies sitting on our kitchen counter, or the candy bowl in the living room? The solution is simple.

Keep snacks like chips, cookies and candy out of sight. You can put healthier foods, like fruit and vegetables, in their place. The same goes for the candy bowl in the living room.

While you are trying to make cookies for that party or wrap presents for your family, don’t forget about yourself. Give yourself the gift of health by eating healthier and practicing good portion control. It’s easier than you think.

For more information or if you like to speak to someone, contact Summit Weight Management Services at (717) 267-6427