

# Conscious Eating Guidelines

Conscious eating is the heart of the Fast and Lasting Change weight control programme. By following these simple guidelines, you'll be able to change your relationship with food and enjoy the results forever.

## 1. *Eat when you're hungry*

Genuine hunger comes on gradually – if you suddenly feel hungry, that's more likely to be emotional rather than genuine hunger. Use the quick re-set to change your state.

Dehydration can also produce similar sensations to hunger. If you feel hungry, first drink a glass of water. If you still feel hungry after 10 minutes, then eat.

## 2. Remember your destination

In your first session, you explored and designed future you. Re-visit this before you sit down to eat: See what you'll see, hear what you'll hear, and immerse yourself in the good feelings that your achievements will bring.

## 3. Eat what you want

Listen to your body. No foods are off-limits, if you really want it, have it. Your body will tell you what it wants, and you may be surprised at how much it'll change

Follow the 80:20 rule – 80% healthy foods, ideally within each meal, definitely within each day

## 4. Eat consciously

Focus your entire attention on the food you're eating – choose an environment which allows this

Eat slowly – around 25% slower than you used to

Savour every single mouthful: Smell the food. Chew slowly, enjoying the flavours and textures

Put down the knife and fork (or sandwich etc) while you chew each and every mouthful

While you're eating, listen out for your body's 'full' signal

## 5. *When you're full, stop*

Listen out for that body signal. It may take a little practice – if you don't notice the signal, always leave something on your plate to set the new unconscious program

If you're having something like crisps or chocolate, you may not want to carry on until you're full. In this case, stop once your taste buds are saturated

## 6. Move about more

It doesn't have to be formal exercise to burn off extra calories and boost your energy and fitness– take the stairs instead of the lift, park an extra block away and walk to your destination.....

By following these guidelines, you'll enable your body to find its own best balance. You'll avoid the metabolism-slowng, craving generating effects of dieting; to achieve enjoyable, sustainable results.