

Taking Charge of Eating

When you take control of your eating decisions, you will be able to respond more effectively to external cues that encourage you to eat. You will likely be shocked to discover how much of the time you can identify some external cue, and how infrequently the reason you start (or stop) eating is based primarily on hunger and fullness.



Ask yourself these questions each time you start to eat . . .

- **Why am I eating right now?**
- **Is it mealtime?**
- **Is it because I am hungry?**
- **Am I responding to my environment or to people in my environment?**
- **Or, did the desire just pop into my mind?**

Each time you stop eating, ask yourself:

- **Am I stopping now because I am moderately full?**
- **Did the serving size or packaging provide a helpful external signal to stop?**
- **Am I stopping because I think other people might notice if I eat more?**

