



# LET'S TALK... EATING HABITS



One part of a weight loss journey involves knowing positive eating behaviors (or habits) from risky ones. This means making certain choices when it comes to food and nutrition.

Although life is about balance, and no one can be expected to make the “right” decision at all times, let’s take a look at some less healthy eating habits, and how some positive changes can be made to them. These small adjustments may help you reach and maintain your healthy weight:

**Not planning or skipping meals.** When life gets busy it can be difficult to prioritize planning meals ahead of time. However, leaving meal choices to chance may lead to choosing a “quick fix”, like fast food, or convenience foods. These are often high in calories, salt, sugar and saturated fat.

**Meal prep.** Schedule specific times during the week to plan and prepare home-cooked meals. This helps to promote intake of fruits and vegetables, maintain portion control, and balance the nutrients making up our food.

**Unbalanced meals.** As also described in the “**Macros and Meal Planning**” leaflet, it’s important to have a balance of nutrients in our diet to ensure our meals fill us up.

**Think protein, fiber, fat.** When you’re planning or cooking a meal, just ask yourself “Do I have protein (meat, fish, eggs, tofu, tempeh), fiber (fruits, vegetables, and/or whole grain carbohydrates) and healthy fats?” This combo of macronutrients should leave you feeling full and satisfied between meals. This can prevent overeating or help reduce snacking throughout the day.

**Remember that certain fats are good for you!** Avocado, nuts, seeds and hard cheeses are all examples of healthy fats.

**Stress eating, or “eating to eat”.** Mindless eating is when we eat because we are bored or restless (mentally hungry), not because we are physically hungry. Similarly, stress is a powerful emotion which can lead to us eating when we don’t need to. Refer to the “**Hunger Cues**” leaflet for more information.

**Make smart snack choices.** Fill your cupboards with a variety of nutritious snacks. Some examples of healthy snacks are:

- Low-fat plain yoghurt and berries.
- Apple and peanut butter.
- Cottage cheese and tomatoes.

**Eating too quickly** makes it difficult to know when you are full. This can lead to overeating and weight gain.

**By taking smaller pieces, chewing thoroughly and drinking water as you go,** it's possible to slow your eating down and prevent overeating.

**Large portion sizes.** Piling up our plates with food can cause us to eat more than what is needed to get through the day.

**Meal planning and setting serving sizes** can help us track what we're eating, which can be helpful when trying to lose weight. See the **"Portion Control"** leaflet for more info!



**It's important to note that this is not an exhaustive list of all eating habits; talk to the trial team if you would like to learn more.**

When you make changes to your eating habits, it's important to be patient and kind with yourself. A gradual approach is better than an all-or-nothing one. Trying to change too much too fast may cause setbacks on your journey.

If you do encounter a setback, **it's not a sign of failure.** The important thing is that you try again and feel supported in doing so. The **ZUPREME Trial Team** is with you every step of the way. If you need to talk to them, you can do so at your next trial visit.

