REGULATION OF FOOD INTAKE
How Can You Help Your Body to Regulate Itself?

**Give Yourself Permission to Eat**
Trust, rather than fight against your hunger and appetite.

**Eat Slowly**
It takes about 20 minutes after you start eating before you feel satisfied. Eating slowly allows your food to “catch up with you” and gives you time to pay attention to your own signals of enjoyment and satisfaction from the meal.

**Eat Good Food—Food You Enjoy**
Food you dislike or only tolerate will not satisfy you, even if there is a great deal of it. If you have an unsatisfying meal, you will be back later, rustling around, and looking for something good to eat.

**Eat Attentively**
The best food in the world will not satisfy you if you do not pay attention to it when you are eating it.

**Change Your Accessibility to Food**
Making food too available so you can grab it and eat it hastily will promote eating inattentively and will short circuit your ability to regulate. Making food hard to get forces you to make a deliberate decision to eat.

**Plan Satisfying Meals**
Include something tasty, something chewy. Notice and provide the food and combinations which make you feel satisfied.

**Eat Regularly**
Avoid getting overly hungry.

**Eating for Emotional Reasons**
Be aware of how you are trying to take care of some of your other needs with food. Figure out other ways of taking care of your feelings.

**Get Enough Exercise**
Your body depends upon adequate exercise to help it regulate.

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