

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

BEAT PICKING AND NIBBLING IN 7 EASY STEPS

This week's focus: Exploring the damage that picking and nibbling at food can do and how we beat it.

Why it's important: Picking and nibbling is something we all engage in from time to time, defined as those occasions where we mindlessly and uncontrollably pick at food, whether we are hungry or not, and for some of us, could be the reason that we don't see the success that we expect. We added up the calories for some moderate picking and nibbling across a day, and discovered that we could be eating as much as 800 calories a day extra in mindless eating. If you have meticulously planned your meals and snacks to be within your calorie deficit, by picking and nibbling you could be undoing all your hard work, and potentially getting into the realms of weight gain!

What we will tell you: Some simple strategies to help you identify opportunities to save some calories and stop destructive eating behaviours.

7 SIMPLE STRATEGIES TO PREVENT PICKING AND NIBBLING

- 1** Raise your awareness of when you might be picking at food – look for your triggers and come up with a plan to get around it. Be really honest and add up what you are picking and nibbling at – the shock might be enough to make you stop!
- 2** Plan your proper snack times for just before the times where you might be vulnerable to picking, so that you feel satisfied and less likely to pick – so for instance, if you know you pick when preparing food, plan your snack for just before you start prep, and have a glass of water with you when prepping food, so you can sip that instead of putting the food in your mouth.
- 3** If you pick because you eat later than the rest of your family – can you all eat together? or could you sit down and have a planned and calorie counted snack while they are eating their meal?
- 4** Always have a bottle of water handy, to sip when you are bored, to stop you going on the hunt for things to eat.
- 5** Stop buying the foods that you pick at. If you have to buy the foods that you pick at, can you put them in a less prominent place, so that you don't see it as frequently – out of sight, out of mind.
- 6** Engage your brain and put all of your mental strength and energy into stopping that behaviour. As soon as you recognise that you are eating something you hadn't planned to eat; the kid's leftovers or the heel of the loaf – stop! Put it back in the fridge or cupboard, feed it to the dog or simply throw it in the bin.
- 7** Completely abstain from anything other than your meals – just have a 'meals only' rule. Our Trio program helps you to do that, by giving you three great filling mealtime allowances, but absolutely nothing in between – it might just help you to get control.

KEY MESSAGES

If picking and nibbling is causing you to lose control not only of your eating habits, but lose control of your progress and chances of succeeding at your goals, get your head around these simple strategies, to start winning again!