After a long day of classes and studying, preparing a healthy meal and/or going for a walk or bike ride may be the farthest thought in your mind. This is understandable given the mental and physical fatigue that can result from your daily schedule. Unfortunately, not eating well and exercising regularly increases risk of weight gain.

There are many weight loss resources on the market to help people who want to lose a few pounds. Unfortunately, each has its own prescription for weight loss success and it is often hard to know which plan to choose and implement.

If you want to lose weight but are not sure how to get started, below you will find a few tips for minimizing impulsive eating— a common problem which often contributes to weight gain. For more details on ways to lose weight, click on the resource entitled, “Twenty Lessons for Weight Loss Success.”

Make food less visible. Remove all food from candy dishes, cookie jars, etc. Make sure that all foods in the kitchen are put away.

When storing food in the refrigerator, wrap it in Aluminum foil (not plastic wrap), or put it in opaque containers. Food will be less visible, and therefore less tempting when you open the refrigerator.

If you have snack foods in the house, store them in Inaccessible places, such as shelves or behind other groceries. This makes it less likely that you will impulsively grab snack foods from your open cupboards.

Extend the eating chain by buying foods that require some preparation. If you have to spend a lot of time preparing food, you are less likely to have uncontrolled eating.

Go grocery shopping on a full stomach. Preplan by preparing a shopping list. Write down the amount and brands you need. Only buy what is on your list. These steps will prevent impulsive buying at the store. If you don't buy items that tempt you, you won't be tempted by them at home!

Avoid convenience or junk foods. At parties or on holidays, eat only special foods. Avoid foods such as nuts, chips, and dips that you can eat any time.
Make the most of your calories by eating special foods that you rarely have the opportunity to eat.

Before you go to a special event have a healthful low calorie snack such as carrots or celery. Then, you won't feel starved when you arrive at the gathering and you will be less likely to overeat.

In order to lengthen the eating chain, begin to Pause briefly after each bite. Each pause should be approximately five seconds long and should enhance your awareness of stomach fullness.

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