

Weekly Nutrition Tip

July 16, 2007

5 Secrets of the Naturally Slim

We all know those people, the ones we envy because they never struggle with their weight. According to researchers at Yale, thin people have a different relationship with food and everyone can learn a few things from them.

1. Slim people choose satisfied over stuffed. Half way through eating a meal, put down your fork and rate your fullness on a scale of 1-10. Thin people stop eating at a 6 or 7. Overweight people don't stop until they reached a 10 or higher!
2. Thin people don't use food to cure the blues. Next time you reach for a sleeve of cookies, HALT yourself. Ask if you are Hungry, Angry, Lonely or Tired. If you are truly hungry, choose a balanced snack. If you're angry, blow off steam with a walk or a stomp around. Lonely, call a friend or a family member just to touch base. Tired, rest for even a few minutes before you reach for a food "pick-me-up".
3. Lean people eat more fruit. In fact, slimmer people have one more serving of fruit daily and eat more fiber and less fat per day than overweight people. Look at your diet to find ways to add WHOLE fruits (not juices) to your meals and snacks. Reach for an apple instead of a candy bar or yogurt and berries for dessert instead of cake and ice cream.
4. Skinny people sleep more. Compared with overweight people, slim people snooze 2 more hours PER WEEK. There is early research that links lack of sleep with appetite controlling hormones. Don't try to get all 2 hours in one day, break it down and get 17 extra minutes each day, which seems a lot more manageable even for the busiest schedule.
5. Successful slimmers eat breakfast. According to the National Weight Control Registry, a database of more than 5,000 people who've lost more than 30 pounds and kept the weight off for a least a year, 78% of successful dieters eat breakfast everyday!