

MINDSET MONTHLY

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Eat well. Lead well.

Adapted from Ravelle Worthington

To lead well, you need to be fit. To be fit, one of the things that you need to do is to eat well. Are you?

Remember as a child when your mom would say, "Slow down and actually chew your food?" With the possibility of choking aside, taking your time to eat reduce your calorie intake and make you more fit.

A recent study published in the American Journal of Clinical Nutrition found that eating slower leads to a statistically significant calorie reduction compared to those who ate faster. "When you eat fast, you aren't giving yourself enough time to listen to internal cues that tell you that your hunger has been satisfied," says Jaime Schwartz MS, RD, and nutrition strategist at Ketchum PR. "If you rush through each meal, you could end up eating more calories than you need to sustain energy, and over time, these larger portions could lead to weight gain."

5 easy tips to eat well:

1. Look at your food

Sounds easy? Not so in today's fast paced world where speed rules. At work, too many people multi-task while eating: working through lunch breaks or talking on the phone. These habits cause eating to become a "fork-to-mouth activity" instead of pleasurable. They are not paying attention to how much they are consuming. By first looking at the food in front of you and observing the size of the dish and portions, you'll become more present in the event of eating.

2. Drink more water

Take the time to sip. This will not only slow down your pace, but also help to keep you properly hydrated.

3. Savor the tastes

When you take that first bite, pay attention to the different flavors and textures. Is it spicy or sweet? Crunchy or crisp? Taking the time to appreciate

your food makes eating an experience and something you'll want to last a little longer.

4. Put your utensil down between bites

The physical act of putting down and picking up your utensil will slow your pace, thereby reducing your calories intake.

5. Eat more greens, less meat

Increase your consumption of fresh fruits and vegetables. Moderate your consumption of meat and say "No" to sugar.

The point is to make eating an active experience rather than a passive one, one where you are conscious about what and how you put food into your body. A healthy body keeps our minds alert and provides us with the stamina to lead well.

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