

# Behavior Modification for Weight Control

1. **Do Nothing Else While Eating**
2. **Eat in One Place**
3. **Do Not Clean Your Plate**
4. **Follow an Eating Schedule**
5. **Slow Your Eating Rate**
  - A. Put your fork down between bites
  - B. Pause during the meal
  - C. Savor each bite
6. **Shopping for Food**
  - A. Shop on a full stomach
  - B. Shop from a list
  - C. Buy foods that require preparation
7. **Storing foods (Out of sight, out of mouth)**
  - A. Hide the high-caloric foods
  - B. Keep healthy snacks available
8. **Serving and Dispensing Food**
  - A. Remove serving dishes from the table
  - B. Leave the table after eating
  - C. Serve and eat one portion at a time
  - D. Follow the five minute rule
  - E. Avoid being a food dispenser
9. **Eating away from Home**
  - A. Order a la carte meals
  - B. Watch the salad dressing
  - C. Watch for hidden calories
  - D. Watch alcohol
  - E. Beware of the breadbasket
  - F. Be wise with dessert
  - G. Engage your partner
  - H. Watch your emotional response