



# Mindful Eating Challenge

Week 4

## Serve it Up

### What

This week's goal is to stop serving meals "family style". This means that instead of putting the dishes of your meal on the dinner table for everyone to dish up themselves, you will dish up your meal before sitting down at the table. You are bringing your plate of food TO the dinner table instead of dishing up AT the dinner table.

### How long

Do this goal for at least one meal for five days of this week.

### Why

This goal is about portion control – without you having to even think about it! By pre-plating food in the kitchen before eating at the table, you are giving yourself a "stopping point". We tend to use outside cues to tell us when we are done eating. Take the whole bag of potato chips to the couch and before we know it, we've eaten most of the bag because nothing was telling us to stop. The same concept works at the dinner table. If we serve family style, there is always more food right in front of us and we often continue eating until the food is gone or until we are uncomfortably full.

In addition, if we are forced to get up from the table and go into the kitchen to get another helping of food, we might take a minute to decide if we really do want more food if we are still hungry. It slows the automatic, mindless nature of dishing up more at the table. We aren't depriving ourselves of another helping of food, we are simply helping ourselves to slow down and be more mindful of whether or not we really need it.

### Resources

- Mayo Clinic slide show: Guide to portion control for weight loss: <http://www.mayoclinic.com/health/portion-control/NU00267>
- Portion Distortion Interactive Quiz: <http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1>
- WebMD website portion size guide using visual examples: <http://www.webmd.com/diet/healthtool-portion-size-plate>