



Q: I'm trying to stop automatically eating everything on my plate, but my husband feels that I'm wasting food. What should I do?

A: Responding to your internal hunger signals is an important part of healthy eating and weight control. There are lots of ways to obey them without wasting food. Most of us have grown up with the idea that a clean plate avoids food waste, but eating more than you need also wastes food. To avoid leaving food on your plate, eat smaller portions than you do now. One way to do this is to prepare smaller quantities of food or put less on your plate. When eating out you can order smaller portions, skip extra courses, or even order an appetizer and a salad or soup instead of an entrée. If there's still leftover food, leave it or take it home with you. Leftovers can be a great help for people who feel too rushed to pack a lunch from home or who might otherwise patronize fast food restaurants.

For more information on eating behaviors contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™