



Accurate Clinic

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www.AccurateClinic.com

What is "External Eating?"

- Eating based on external cues
- Normal weight people eat when they're physically hungry; those who are overweight often eat in response to external cues.
- External eating isn't the single cause of obesity but is a factor for unnecessary eating.

For example, the following is a list of eating behavior and their associated cues:

1. When I'm around others, I'll eat something even if I'm not hungry. VISUAL
2. When I'm shopping, I'll buy something I hadn't planned because it looks good. VISUAL
3. I have to try a little food if it smells good. FOOD SMELL
4. It's hard to ignore the smell of freshly baked goods. FOOD SMELL
5. If a food tastes really good, I'll eat more than I planned to. TASTE
6. If I'm hungry, I won't eat unless the food tastes good. TASTE
7. If it's time for dinner but I've already eaten, I'll eat dinner anyways. TIME OF DAY
8. When I lose track of time, I may forget to eat. TIME OF DAY
9. When I go to movies, I buy popcorn or other snacks even if I'm not hungry. EATING RITUALS
10. I like to have something to eat or drink when I watch TV. RITUALS
11. I read or watch TV when I eat by myself SOLO EATING
12. If I'm alone, I'd rather snack than eat a regular meal. SOLO EATING
13. It wouldn't be Thanksgiving holiday if I didn't eat too much. CELEBRATIONS
14. Whenever there's a special event or occasion, I celebrate with food. CELEBRATIONS

Types of External Eating cues:

Visual Cues:

TV, restaurants, vending machines, office snacks, free samples, magazines, check out lines, seeing other people eat,
social events with food, all-inclusive vacations/cruises

Olfactory Cues:

Food court, Food items at work or another person's house (cookies, popcorn).

Time Cues: Lunch: 12:00 Dinner: 6:00

Traditions/Rituals:

Special Occasions, Holidays (weight gain from Thanksgiving to New Years), Carnival/Fairs, Baseball game, Movies

Other maladaptive eating patterns:

Mindless Eating

- Eating while we watch tv, read, work, with others, etc
- Eat with 1 person = 35% more
- Eat with 7+ people = 50% more
- If food is there, we'll eat it: Serving bowls: - People eat 40% more when serving bowl remains full

Eating fast

It can take 20 minutes from when you eat to when your brain gets the message that you're full.

Improving your eating patterns

Consider:

- What situations are there for you where just the sight of food triggers eating?
- What are certain food smells you can't resist?
- What time do you routinely eat even if you're not hungry?
- Do you distract yourself when you're eating alone (i.e. TV, reading, phone?)



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Out of sight, out of mind;

- increase distance between you and the food
- Use aluminum foil over plastic for food items
- Store foods that are more tempting on top shelves
- At home, keep food in the kitchen area only

Be mindful of how you're eating and where

- stay away from rooms where the food is kept at social events
- Eat in a relaxed atmosphere (quiet, non-stimulating if possible)
- Eat slower
- Drink 8-12 oz of water before meals.
- Drink some water in between bites.
- Put your fork down in between bites (wait 10 seconds).

Portion control:

- Use smaller plates
- Don't buy bulk items, instead purchase single serving items

Know your own routines:

- What are situations of eating that occur in a certain situation even if you're not hungry?
- Do you tend to desire/need snacks while watching television?
- Are there any daily tasks/chores you do that are then followed by a treat or a snack?
- Is food a reward when you get home from work?