



## Accurate Clinic

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[www.AccurateClinic.com](http://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?