



Bodylove

How to FEEL FULL without overeating

Where THERE'S A WILL to *put down the pizza*, there's a way...

Sometimes, enough just isn't enough when it comes to food. So, we eat seconds. And then some. Sound familiar? If you're trying to shirk a remorseful memory of pizza (and garlic bread), you're not alone. We've all been there. For many women, eating more than we need – or even want – is, unfortunately, a regular occurrence. But how can we stop our stomach behaving like a small child with ADHD, demanding attention and screaming for more? The answer lies in understanding why we choose to overeat. Accredited practising dietitian Tara Diversi has a sound theory. "I see a lot of what I call 'reactive eating', where people [who overeat] are reacting to their situation – be it environmental, emotional or social." How can we dull this reactive reflex? By eating proactively, says Diversi, which means controlling what we eat in certain situations, instead of letting those situations control us.

The proactive diet

Finally, a food philosophy designed to empower you – rather than wrench away your right to choose what you eat. And guess what? If you can admit you use food as an antidepressant, drink too

much (then eat too much) when you're out to dinner with friends, and hit the drive-through because, "It's on the way home," then you've already taken the first step to proactive eating.

"Awareness is half the battle won," explains Diversi. When you eat proactively, it's OK to have the occasional treat – as long as it's on your terms, not the terms of food companies, fast-food outlets, emotions, alcohol or even friends. The trick is to make an occasion out of treats, rather than allowing them because you're stressed and simply feel you "deserve it". This means planning to have an ice-cream when you go to the

Filling foods

If treats and free meals can make a cameo in the ongoing soap opera of *What Will I Eat Today?*, which foods should play the starring role in your show? "Healthier foods are harder to overeat, so ensuring you always have a fridge full of vegetables and fruit is a good start," says Diversi. These foods curb bingeing as they're high in fibre, which keeps us full. "Increasing your fibre intake by switching white bread for rye or multigrain, using brown rice and wholemeal pasta, and eating vegies with lunch and dinner – as well as two

“Restrictive diets often result in REBELLION WHEN TEMPTATIONS ARE SIMPLY TOO IRRESISTIBLE”

movies with your friends, as opposed to sitting at home alone while mindlessly eating through the whole tub as a result of boredom or a bad day. "Having a planned 'free meal' like this once a week actually stops overeating in the long run, because restrictive diets often result in rebellion when temptations like these are too irresistible," Diversi says.

servings of fruit per day – will keep hunger at bay," says Diversi. "Adding protein to meals also helps; a boiled egg for brekkie, tuna with salad or lean meat on a sandwich. Eating hot food can also make us feel fuller so, if you have access to a microwave, opt for lean chicken or fish with vegetables for lunch, or have soup." **Caelia Corse** OSM



You are **HOW** **YOU EAT**

Changing certain behaviours can help combat overeating. Diversi has these tips:

- * Keep a food diary, rather than "guesstimating" what you eat.
- * Put down your knife and fork between mouthfuls. Only pick them up once you've swallowed.
- * Avoid listening to fast music or watching TV while eating. Speedy music will cause you to eat faster and the distraction of TV can stop you from noticing when you're full.
- * Serve food on a plate to avoid grazing on more than you need.
- * Better to waste food than have it around your waist. If you can't finish a meal, freeze your leftovers.
- * Buy small packets of lollies or chips to avoid overindulging on treats that should be occasional.
- * When you were learning to walk, did you fall and never get back up again? If you fall off the wagon, get back on again.

"Dear Food Diary: Just grabbed a quick sandwich for lunch ..."

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