



<http://www.ConquerFood.com>

# Conquer Food Newsletter

## Telephone Sessions: New Yorkers Like It Too!



I get a phone call from a woman who went through The Program a few years ago. "I've wanted to come back for a refresher," she tells me, "but I work on the West Side and by the time I get crosstown and downtown it takes too much time out of my day to get there and back. I see you're teaching on the phone in other cities and countries. Could you do me too?" she asked.

It was a surprising question. I had offered telephone sessions, first for people who traveled, then for those in other states, and eventually in other countries. I never dreamed that local people might want telephone sessions too. But it has been very successful.

If you've been thinking of taking a refresher course of Program sessions, but don't have time to come to my new office, (with a glorious view of the Chrysler building), and as much as I'd like to see your smiling face, make an appointment for telephone sessions as late as 9:00 o'clock on some nights.

Call: 212-986-7155

## New Website/New Blog

Dear Friends,

After many months of behind the scenes planning and executing, the

[ConquerFood.com](http://www.ConquerFood.com) website has recently been upgraded revamped and improved.

Among other features: Read some blog comments, ask a question, or make a comment to an already posted question.

If you haven't received the previous newsletters, you

can download them directly from the site. Sign up a friend for their very own FREE NEWSLETTER.

I hope you find a tip or two to be helpful.

Watch You Tube:

<http://www.youtube.com/watch?v=rUtuVuB9eiv>

Onward and downward,

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## BARBEQUE / BEACH PARTY

It's okay to call ahead and ask the host(ess), what is the planned menu. In that way you can ascertain if there's something for you to eat. If there is only steak, hamburger and ribs and you'd rather have something else, consider bringing 6-8 portions of your special marinated chicken thighs (wings, or drumsticks), fish, turkey franks, or a tossed salad for the party goers (and yourself).

Depending on what is served, you can bring asparagus, corn, or broccoli for grilling.

When you arrive, get a glass of water and introduce yourself to everyone you don't know.

If trays and platters of foods are being passed around,



help the hostess; you only eat food with a knife and fork - a meal that lasts 20-minutes or more. Finger foods are too mindless.

If there's a buffet table, first, walk around the table **without** a plate. Decide what you want, pick up the plate and make your selections.

Although culinary creativity is refreshing, make sure brain is in motion before fork is in mouth.

Remember, that alcohol causes lack of resolve and might compel you to drink

## Summer 2010



## Tactics

**Suggested shopping list for your vacation trip:**

- Food for the airport (packages of tuna, hard boiled egg, miniature shredded wheat, sliced turkey)
- Bottled water
- Plastic utensils
- Bathroom or travel scale
- Sunglasses, Hat, Sun-screen
- Log Book
- Belt with a buckle to wear when eating

even more alcohol and eat more food than you've planned.

If you must drink, have it with your meal. Take a bite of food, a sip of wine, and two or three sips of water before picking up your fork again.

No matter where you are dining over the summer, it's not the Last Supper. It's just another meal. And remember how much better you'll feel having conquered the vast array of food offerings while maintaining a thinner inner you. If you overeat to the point of discomfort you will end up feeling repentant rather than proud.

**The choice is yours.**

# Summer Eating: Before, During and After

## (BEFORE)

When you're planning a trip, you plan the clothes, airline, hotel, and even some tours you want to take but you most likely don't plan your eating. The problem with most vacations is that most of you want to sleep late and perhaps leave a rigid schedule (of all things) at home.

If that translates into leaving all good habits back at home, rethink your thinking. You want to weigh \_\_\_\_\_ pounds 365 days a year, not just when it's convenient. Pack your bathroom scale. If you pack it first it will fit. If you don't, it won't.

Carry some food supplies in case your plane doesn't take off on time and you're stuck with the fatty choices at the airport. Plastic bags with portions of miniature shredded wheat might be helpful. You can put a plastic spoon in the bag too and sip some water. Sliced turkey, hard-boiled eggs, as well as tuna (or salmon) pouches, all travel well.

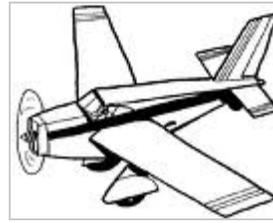
If you use these foods, great, and if you don't just bring them to your hotel room. You might need a 4th meal one day.

## (DURING)

If you make every food foray away from your home into an exception to the rule, you'll end up with more exceptions and no rules. Whatever you're doing to lose and/or maintain your weight while at home, you want to do while on vacation. If you eat slowly at home (put utensils down between bites, make sure mouth is empty before inserting more food), do the same thing when away.

Plan ahead the content of food so when the bread or salad or starch arrives, you can wave it away and concentrate on your entrée drink or dessert. Yogi Berra said "If you don't know where you're going, you could end up someplace else."

Fill up on the lighting, the relaxing conversation, china glassware flowers and ambience in the restaurant. Food is just part of your trip and not even the best part. The best part of a meal while on vacation? Someone else will most likely be shopping, chopping, cooking and cleaning.



## (AFTER)

Acknowledge that what you ate was enough. Think about how your plan was achieved. And most of all, that your clothes are looser and you feel good about yourself. More food is not better nor is overeating to the point of discomfort. You'll only feel remorse. Eat the right amount. Push your plate an inch or two to end a meal. And realize that planning ahead feels great. Be happy that you bring your program on your trip. It is one habit that is good to bring along.

Give a free NEWSLETTER to a friend by sending their first and last name plus email address to:

[Caryl@ConquerFood.com](mailto:Caryl@ConquerFood.com)

Make sure to put the word Newsletter on the subject line. Forward this edition too.

## CRUISE SHIP OR RESORT



The-unlimited-quantity-all-you-can-eat-comes-with-the-room-vacation whether on a cruise ship or at a resort — is an American classic experience but forget "you may never pass this way again" and think instead: I want to weigh \_\_\_\_\_ pounds! The everything-included vacation is here to challenge you.

You can assume there will be many more items than you normally serve yourself, and you can assume the portion size and unlimited choices will also be greater than you'd ever purchase or prepare when at home. Within these guidelines however, there is a wonderful leeway, if you just keep in mind that:

You cannot possibly eat it all, it is not the last meal you'll ever eat, and just because the hotel promotes unlimited everything is no reason to have six desserts and three entrees.

**Unlimited portions equal an unlimited body.**

Know that a consequence comes with every extra mouthful of food.

Breakfast might contain offerings of baskets of bread, rolls, muffins, and bagels. The menu offers hot and cold cereals, eggs any style with or without whatever else is usual, plus an array of fruits and fruit juices.

Yes, there are a lot of interesting things on the menu, but to be perfectly honest, if you've tasted one miniature Danish at breakfast, you've tasted them all.

If a bowl of cereal is enough at home, it is enough on a cruise ship or at a resort. Spend time walking, dancing, and mingling. Here are some things you can do when you're off to your next vacation/trip:

a. Plan in advance, the content of food you're going to eat before you sit down to eat.

b. Know the number of items you are going to eat before you order them.

c. Think how much greater the portion size is than what you serve yourself at home. Leave over the difference.

d. Slow down, take a deep breathe, and refresh yourself before eating.

e. Imagine Chef Murray weighs 350 pounds and his portion size of food is on your plate. Leave some over.

If you're considering a spa, don't let the illusion of healthy food and physical activity trick you into eating when you're not hungry or eating more than you need, just because you did a few leg lifts. The same guidelines prevail.

If you make good choices you would have sampled a variety of different foods and won't have gained any weight. You might even lose a few pounds on your trip.

Bon Voyage !

## Don't Panic Card

Sometimes a Don't Panic Card is exactly what you need to combat the temptation to overeat. You might want to carry it in your pocket or in your purse and look at it discretely when a moment of food anxiety occurs. There are action steps you can do or think, designed to calm you down when the food fest becomes too much to bear.

1. Don't panic. Change location. Move.
2. Take a deep breath. Exhale slowly. Repeat, if necessary.
3. Calm down. Smile.
4. Think: Everything's going to be okay.
5. Think: I can do it.
6. Step away from the Twinkies. Change location.
7. Remember: You want to weigh \_\_\_\_\_ pounds.
8. Think: I'm okay.
9. The moment will pass.
10. I'm fine.

## FUN SUMMER QUIZ

1. All foods should be eaten? (a) with fingers (b) with utensils (c) a combination of both
2. How many minutes should each meal last? (a) 5 + minutes (b) 10+ minutes (c) 20+ minutes (d) 40 + minutes
3. How big is a portion of food? (a) the size of a ping pong ball, not a paddle (b) the size of a baseball, not a bat (c) the size of a deck of cards, not the deck of a boat (d) the size of a basketball, not a hoop
4. The only reason to eat is because you're? (a) hungry (b) tired (c) bored (d) sleepy (e) grumpy

Answers: 1. b, 2.. c, 3. c, 4.a