



<http://www.ConquerFood.com>

# Conquer Food Newsletter

## Dear Friends,

### Plan Ahead

**Whether in your own home, a guest at a holiday party, or in a restaurant, there are several things you can do before sitting down to eat.**

Don't plan to overeat:

- a) By not planning otherwise.
  - b) By not planning ahead in detail.
  - c) By not planning an alternative behavior.
1. Decide in advance if you are having a protein (chicken/fish/veal), or a non-protein meal, (an All-Vegetable or Soup Meal).
  2. Based on where (and how) you're going to spend the fuel/energy contained therein, decide on a one - two - or three-item meal.
  3. Before eating, choose bread or beverage or dessert or alcohol, one of four or none.



### 3 Questions to Ask:

Before consuming any food ask:

1. Am I hungry or what? (Am I bored, stressed, angry?)
2. Am I hungry enough to put food on a plate to eat with utensils?
3. Am I hungry enough to make a meal last 20 minutes or more?

Summer is over - Labor Day barbeques are but a memory. You're entering a conveyor belt of food-filled dinners, banquets, celebrations, and holidays. Do you want to continue on your weight loss journey or are you making every food offering an exception to the rule?

Overeating is composed of numerous food encounters, each with specific ritualized behaviors. Solving one meal or one month (or one season) of overeating, leaves other problem situations and circumstances to be solved.

### Do You Eat Too Quickly?

If you're eating more food than you're able to burn by day's end, you may be a speed eater. This could be a plus if you're a contestant at the Nathan's Fourth of July competitive eating contest in Coney Island. If you're trying to reach your weight loss goal, slowing down while eating is worth achieving.

### Take this quiz:

- Do you cut nickel-sized bites of food?
- Is each bite chewed before swallowing?
- Is mouth empty before inserting more food?
- Are utensils put down between bites?
- Are you *mindful* when eating?
- Do you sip water between bites of food?

You may require assistance in traversing the upcoming holidays.

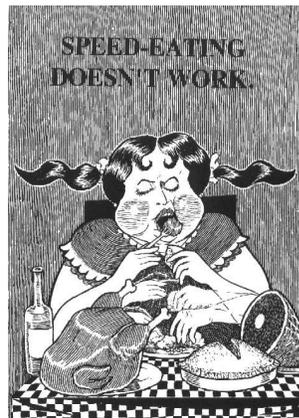
This newsletter is chock full of tips, to help you reach your weight loss goal.

Feel empowered by doing your program.

Onward and downward,  
*Caryl Ehrlich*  
212-986-7155  
[caryl@conquerfood.com](mailto:caryl@conquerfood.com)

*If there are any topics you want covered in a future newsletter, let me know.*

*Not doing anything is a choice to not do anything.*



FALL 2010



If you've tried a few things to lose weight but your scale is going up or has stopped going down, and you can't get back on The Program on your own, you might need help.

If you've stopped keeping a food log, you're not getting on your scale daily, eating Soup and All Vegetable meals, you might need help. If you don't know your Filler count, number of items, don't eat with utensils, you might need help.

If you need to come back to The Program for a refresher course, there are two field trips which are included in each series; 1) Lunch or dinner to learn the steps needed to achieve a comfortable and enjoyable 20-Minute Meal, and 2) A walk around Grand Central Market (and a salad bar) to learn your portion sizes.

For more details, or to find out if you need more sessions, call 212-986-7155. You'll gain control of your eating during the holiday season with additional sessions and unlimited email assistance.

Or you can email me at: [Caryl@ConquerFood.com](mailto:Caryl@ConquerFood.com) and just say: I need help!

P.S. Ask about telephone sessions too.

# How to use New Technology to Change Old Habits

When you've been invited to join friends or business associates for a meal, check on-line to see the restaurant's menu in advance so you can see the offerings before you arrive at the restaurant.



Use your blackberry to signal yourself a half hour before each meal. This

forces you to think about what you're going to eat before the actual meal.

Input certain catch phrases into your iphone or smart-phone to remind yourself of things you are trying to accomplish each day.

In addition, everyone checks in with me by email once a week with their morning weight and a positive story.

When some eating is out of the ordinary, or a food en-

counter is particularly challenging, participants send an email with specific questions or comments.

This evening one man was going to a Broadway show and wanted to discuss whether he should eat before or after. The answer? Before. Eleven o'clock is too late to eat under any circumstance. In one night one email asked for advice regarding a business cocktail party; another person was at a baseball game and wanted some suggestions



about what to eat.

Looking for ways to relax without eating? Try playing

a game online. One woman plays Solitaire; I play Scrabble. It's finding ways to fill your time rather than your belly.

Let me know if you have other ways you're using new technology to change some of your old eating habits.

Share your ideas:  
[Caryl@ConquerFood.com](mailto:Caryl@ConquerFood.com)

## HOLIDAY EATING TACTICS

1. Set a goal so the extra roll doesn't take its toll.
2. Decide in advance whether you want to lose weight, gain weight, or stay the same weight.
3. First walk around a buffet table without a plate.
4. Choose carefully.
5. Then find a place to sit and eat slowly and thoughtfully. . . It's not the Last Supper, its just another meal.

## Worth Repeating -

### HALLOWEEN SURVIVAL STRATEGIES...

If you've got a sweet tooth, this is no time to think you can handle unlimited candy in your home or office.



Things you can do:

- If you're given sweets by family or friends, save one or two favorites for dessert and re-gift the rest to others, or just throw it away.
- Candy is food, and if you want to weigh your goal weight 365 days a year not just when it's convenient, eat a piece of candy only as part of a meal while remembering to Skip and Scatter.

## A PARTY

If it's your party, you'll most likely want to sample your tried-and true recipe for deliciousness because you doubled or tripled the recipe for the event. Or perhaps you taste everything the caterer delivers to make sure the delicacies are as delectable as you thought they were when you selected them several weeks before. You think a missing bite of this and a taste of that won't even be noticed.

If munchies and nibbles are to be scattered throughout your home, place them on paths on which you're less likely to travel during the get-together. There are no munchie-food police should you decide not to serve pretzels, peanuts, popcorn, or potato chips. But whatever you serve, arrange the bounty on 3/4 of the coffee table -- away from where you sit.

If there are leftovers in the refrigerator, they will be picked at until all that is left is a memory, and eventually you'll forget that.

Before your guests arrive, make sure there are plenty of storage containers available for leftovers. Make portions of food for another meal and freeze them.

Not sure you can handle it? When in doubt, throw it out! This is no time to be in denial and believe you can handle a kitchen full of prepared, instantly available foods. You cannot. If throwing food away is difficult, give it to a neighbor, your doorman, or a homeless shelter, or send leftovers home with your guests.



If you've thought through the details of what you can do before, during, and after each party, from the time you set the date or accept an invitation, everything should go rather smoothly.

There's always the possibility that a friend will walk in at the last minute with an unexpected key lime pie (my personal favorite). It's late, you're tired, and you're looking to distract yourself from the abundance of chores you need to work on before you go to sleep. You're tired, not hungry, but even if you pop something into your mouth, take heart. You most likely did better than if you had not given it any thought at all. You'll do even better the next time.

There is always one more party just around the corner. As a matter of fact, there's a wedding coming up, and you're invited.



If you or a friend would like to receive occasional program news, tips and strategies for the holidays or when my next book is being published, please email your current information to:

[caryl@conquerfood.com](mailto:caryl@conquerfood.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Tel: \_\_\_\_\_

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