

Appetite Control

(HealthDayNews) -- If you're an overeater, try getting your appetite under control with these tips from Harvard Medical International:

Slow down, and chew with purpose. Take at least 20 minutes to eat a meal. Taking longer will make you feel as if you're eating more. Eat only while sitting down. This will help you think about how much you're consuming. Eat off smaller plates. And drink a 12-ounce glass of water before eating. Wait 10 minutes after you get the urge to snack. Between-meal snacks are usually impulsive acts. By waiting, you may realize you aren't hungry. Keep the healthier foods, such as fruit and vegetables, in the front of your refrigerator shelves.

E-newsgroups are a free service provided by Duke and the Doctor -we don't want you to miss any important news on the health topics of your choice.