

## How to slow your pace of eating

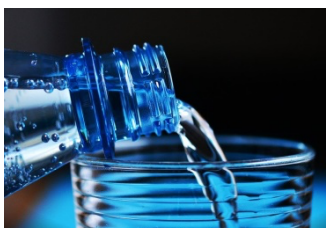
### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### Why slow down?

Eating more quickly allows you to eat larger portions before you feel full. If you are trying to lose weight, eating quickly can undermine your efforts as portion sizes can be bigger than needed to support weight loss. Slowing down can give your brain a chance to catch up with your body's signals telling you when you feel you have eaten enough.

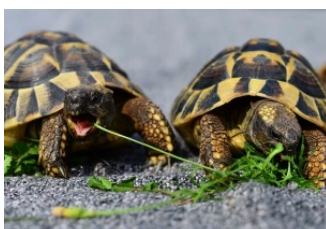
### Ideas to slow your pace of eating



Take a sip of water between mouthfuls



Place cutlery down between bites



Match the pace of the slowest eater at the table



Take 20 minutes for completing a meal



Chew each mouthful 10-20 times



Avoid distractions while eating



At set points of the meal, take a moment to consider your level of hunger



Consider the smell, look, texture, taste and sound of your food

## Further information

NDDH Dietetics Department	01271 322306
NDHT Weight Loss Support Videos	<a href="http://northern-devon.healthandcarevideos.com/weightmanagement">northern-devon.healthandcarevideos.com/weightmanagement</a>
NHS Weight Loss Advice	<a href="http://www.nhs.uk/live-well/healthy-weight/start-losing-weight">www.nhs.uk/live-well/healthy-weight/start-losing-weight</a>
British Dietetic Association Food Facts	<a href="http://www.bda.uk.com/food-health/food-facts.html">www.bda.uk.com/food-health/food-facts.html</a>

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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