

Health and Diet - July 19, 2004

Slow down your eating. Have you ever eaten one of your favorite foods without really tasting it? Many of us lead busy lives, juggling work and family. We function on "autopilot" and wind up overeating. Pay attention to your body's signals of hunger and fullness. Eat slowly. Put your fork down between bites. Turn off the TV and ignore the phone. Savoring a healthy meal is truly caring for you!