

Tips on Eating Consciously.

By Karen McCoy



We are a nation plagued by unconscious eating.

Most of the time we just don't know. But a lot of the time we don't want to know.

Being a healthy eater requires several things, diligence, awareness and courage. It also means *you need to take responsibility for your life*. Yikes!

Like last week, I had a lady email me to ask for my help in aiding her 220 pound sister. "She does all the right things. She eats only organic and she exercises, but something's just not working. Can you help her?"

Well, I told her two things: first, why isn't her sister emailing me if she wants help? And second, you don't just get to be 220 pounds overnight and not know what's going on. Really. I told this well-meaning woman that her sister knows exactly what's going on, and where the added weight is coming from, and that her overweight sister is not being real. She's wanting her sister – and me – to do it for her. So I said if her sister wants to email me, great. But until then, there's nothing I could do for her.

Harsh? Not at all. We all need to take responsibility for our life, and until we do, we can't fix it. We can't fix anything *out there*, it has to be brought into our personal sphere.

And the other issue: stop enabling others. Her sister was well-meaning, but she should have been the one to lay it on the line with her overweight sister and tell her like it is, not me.



And finally, stop trying to fix others anyway. If they come forward and ask for support, that's great. But if not, leave them alone. They have their journey and you have yours. No one likes to be preached to anyway, and don't you have enough on your plate in trying to live your best life?

The best thing you can do for anyone is to live the healthiest, happiest life, and people will eventually come to you and want some of what you have! I guarantee it! Let them come to you. It's the best way to help anyone, and also instills in them that you believe in them enough to trust them with their own life and choices. I always say: **live by example!**

Other helpful tips:

On percentages of food: Use the 40/40/20 rule: Protein, carbs and fat. So if you're eating 1600 calories, eat 640 calories in protein, 640 calories in carbs, and 320 calories in fat. Don't know how many grams each of these are? Grab your calorie counter, learn the basics, and pretty soon you'll be able to eye-ball any plate set down in front of you and you'll know what you're eating...you'll be eating consciously.

On the 80/20 rule: Change it to 90/10 (if you haven't read my article called the 90/10 rule, please do so.) If we eat 80% well and leave the other 20% to enjoy what we want, most people will ruin all their weight-loss efforts! Apply the 90/10 for real fat loss!

On stocking your fridge and cupboards: if you don't want to wear it, don't buy it. Don't store what you don't want to eat. Clean out the chips, cheese (yep!), crackers, cookies, bagels.....never mind if your family protests. You're not living as 2 families under one roof, you are one united (healthy) family.



And never mind the usual *my family likes to eat it.* Well, if you're strong enough to not reach for that bag of chips, ok then. But healthy eating should be a family affair. Do your family a favour and get rid of the crap. If you want a snack, drive out to the store to get it. Make it a real treat instead of something that is readily accessible 2 feet away. Change how you think, and you'll change how you live (and look!) I had one client who actually put a lock on the snack cupboard...come on, get real, get rid of the lock and the offending foods. No one wants to live under lock and key!

On terminology: don't call it 'snacking', call every time you eat a 'meal'. Snacking denotes unconscious munching on non-nutritious stuff. Eating denotes being conscious and eating real, whole food.

Can you overeat on whole foods? Yep! For some, because it's healthy food, they feel they can eat unencumbered. Don't fall into the belief that because you're only eating whole foods, you won't get fat. I've seen it too many times! Food is food, calories are calories. Be curious enough to want to learn the values of different foods.