

BREAKING THE CLEAN PLATE HABIT

You couldn't leave the table until all of the food on your plate had disappeared. It was a rule drilled into you as a child, but as an adult, overeating can become a big liability. One-third of American adults are overweight or obese, and a lack of portion control is a large contributor to this problem. Break the clean plate habit once and for all with these three easy mindset changes



Pay attention to Habit v. Hunger

Are you scarfing down the last bite just because? Go for it if your body is asking for more, but eating another bite for the sake of a clean plate can become a problem. Slow down and learn whether that last bite is truly needed or just your norm.



Break up with guilt

Use your meal scraps for good. Start a compost pile or feed a few local birds. Remind yourself that it's not a failure to leave food behind. Your health should be your first priority, so reframe those extra scraps as a win for your future self.



Practice mindfulness

Leave food behind. On purpose! Slow down as you eat, set the fork down between bites and use all your tricks for a more mindful meal time. Also, leave a few bites behind intentionally. The more you learn to accept this practice, the easier it will become.

When you learn the difference between habit and hunger, practice portion control mindfully and ditch the clean plate mindset, you'll be on your way to a healthier relationship with your plate.