

# 10 Day Challenge

## Pick Three to Take the Challenge

Find out how making three small changes for ten days can begin to transform your health and the health of your family.

It's easy to try, and your effort will add up over time.

So go ahead and pick "Your Three" below and come up with an action plan to take the challenge. Then be sure to send [this link \(www.nicabm.com/10-day-challenge\)](http://www.nicabm.com/10-day-challenge) to 3 friends to help spread the word. Together, we can make a difference.

1

Instead of snacking on chips from the bag, divide foods into smaller individual servings. You won't be so tempted to overindulge by eating the whole bag accidentally.

2

Eat in a well-lit room. You eat less when you can see what you're eating.

3

Keep the bones. We have a better sense of how much we've eaten when we can see the evidence. This could mean keeping empty beer bottles lined up on the table or hot wing bones on a side plate.

4

Use the 1/2 rule. Aim for 1/2 as much protein and carbohydrates while doubling your servings of vegetables and fruit.

5

Fill your plate, but keep it small. When you use a smaller plate or bowl, this will naturally reduce portion size.

6

Come up for air. Try and slow down your pace at the table so you can rely on your body's internal cues. Then follow them - stop eating when you start to feel full rather than when your plate is clean or when you're over-stuffed.

### Your Action Plan:

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Downsize rather than Supersize. Try ordering a size down from what you would normally order.

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Pre-plate your food instead of serving it family style. It's easier to make more healthful serving choices when you make decisions before you start.

9

Pass on second helpings.

10

Use taller, narrower glasses rather than shorter, wider ones. You'll end up pouring less, but you probably won't notice the difference.

11

Prepare healthy snacks for when you're on-the-go (try carrying along an apple or a small bag of carrots).

12

Minimize variety in your snacks. You'll be surprised to find yourself getting bored with the same old cheese curls, and you'll end up eating less.

13

Put your apples on display. Show-off healthy foods in a prominent, well-lit area of your eating space, and banish unhealthy foods to the back corner of your cabinets.

14

Keep the chips out of reach. When you have to consciously seek out junk food, it gives you a chance to think twice before indulging.

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Turn off the TV. When distracted, we tend to consume more calories inadvertently.

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Eat meals with people who eat more healthfully than you do. Studies have shown that we're influenced by the food choices the people around us are making.

17

If you eat out a lot, embrace Wansink's "Restaurant Rule of 2" - enjoy a salad and a glass of wine with your entree, or a piece of bread and an appetizer - but stick to only 2

18

Keep unhealthy but tempting food in aluminum foil or opaque containers - out of sight really is out of mind.

19

Use smaller eating utensils and serving spoons. It's an easy way to slow down how fast we eat and get back in-synch with internal cues.

20

Here's one for the whole family: rename healthy foods to make them sound more appealing. You might turn down a carrot-beet smoothie, but would you refuse a rainforest cocktail?

**Here are some favorite healthy eating ideas from our staff:**

1

Drink a tall glass of water before you eat - it's easy to mistake thirst for hunger.

2

Finish chewing each bite before reloading your fork.

3

Try Michelle May's "speed bump" plan. Divide your food in half before beginning a meal. Then pause for a minute between halves to assess your hunger.

Want more great ideas for easy, healthy changes? Check out Brain Wansink's book: [Mindless Eating](#).

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## Scientific References for Power of 3 List

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