

## Eating and Drinking Experiments

I have tried some of the following for a week at a time; others for a month at a time; yet others for the six weeks of Lent. Some have become a long-term part of my eating pattern. Some I go back to now and again, typically when I find myself overindulging a given calorie-dense or unhealthy food or beverage. Some of these never worked for me (e.g. fasting 7pm to 7am), but they might work for you.

- No juice, soda, sports drinks, or sweetened espresso drinks.
- Alcohol only when socializing with friends (and then, only one beer or glass of wine).
- Meet for a beverage (only one), not a meal.
- Drink a glass of water before starting to drink a beer, then sip rather than guzzle.
- Include some protein and produce at every meal and snack.
- Eat protein and produce for breakfast (instead of the usual carbs).
- No drive-through fast food, coffee drinks, or ice cream.
- Choose skim milk or almond milk latte (12 oz)
- No Mexican restaurants where free chips are served on arrival.
- No single-serving “treats” (cookie, bagel, chocolate) or samples at the grocery store.
- No more than one (moderate) serving of a particular food each day.
- Separate “his” and “hers” snack supplies at home.
- No butter or margarine at home (toast and butter only when breakfasting out).
- Share a small pizza instead of a larger one.
- Share an appetizer instead of an entrée.
- Eat a light meal at home before going out to socialize over a beverage.
- No pastries, chips, cookies, crackers, food bars for a block of time.
- No cold cereal (only oatmeal, cream of rice, cream of wheat)
- Air popped popcorn with “Pam” spray and salt every afternoon as a low-cal crunchy treat
- Take fruit (e.g. grapes, clementines, or cut-up watermelon) to a potluck and eat it.
- Eat 250-calorie mini-meals every 3 hours.
- Eat nothing from 7pm to 7am.

What are your favorite, most effective food policies and practices?