

Caloric Mindfulness

Most people eat without any idea of the calories they are consuming. While eating, we are focused on the pleasure of the food and not on the caloric impact. But imagine the effect of deeply programming into your subconscious an acute awareness of the caloric “price” of the food you were enjoying!?! Bringing into your mind a strong awareness of the consequences of the food you are eating is an essential skill for you to better control overeating and more easily trade-up to better foods.



*Jill loved pizza. She said she could never give up eating “her” pizza every Wednesday and Saturday nights. She did this exercise and now pizza is an occasional treat—once every month or two. She decided to **trade up** to a healthier tomato and garlic flatbread.*

This exercise is very powerful—but only if you do it! Find your top 3 favorite high-calorie foods you have a hard time stopping eating. Examples are ice cream (high calories) or baked tortilla chips (not high calories, but you eat half the bag and then need to eat something else to get the salty taste out of your mouth!)

ASSIGNMENT:

Do this exercise as accurately as possible by measuring your food, figuring about how many servings you are eating and then multiply by the calories per serving. Now go to the gym and VOW to keep going until you burn that many calories on the treadmill. If you need to take breaks that is OK, but get back on and keep going until you are finished. The more difficult and strenuous this is, the more memorable will be the imprint on your subconscious! You’ll develop a strong awareness of the caloric “price” of the food you eat and you’ll be much more able and willing to trade-up to better foods!

Food

My bowl of ice cream
My chips and cheese dip

Calories

450 (1.5 cups)
550

Time on treadmill

72minutes
89 minutes

1. date _____
2. date _____
3. date _____