

Tricks to eat less

Exercise and healthy eating are the main components to shedding pounds and maintaining that weight loss over the long haul. Although bodies and dietary needs vary from person to person, medical professionals typically advise adults to consume a certain amount of calories per day to maintain long-term health. The National Health Service advises the average adult male needs approximately 2,500 calories per day to keep his weight constant, while the average adult female needs 2,000. Reducing caloric intake slightly can serve as a catalyst to losing weight. A healthy weight can reduce the risk of certain diseases and conditions, such as diabetes, heart disease and arthritis-related joint pain. Men and women will find there

are dozens of diets designed to help people eat less, and some of these may be more manageable than others. There also are additional strategies people can take to curb unhealthy eating habits, which can contribute to weight gain.

- Drink more water. Dehydration symptoms can mimic the symptoms of hunger. Before reaching for a snack, try a tall glass of water. Also, consume water before a meal and you will be less likely to overeat.

- Use a smaller plate. It's possible to trick the brain into thinking you're eating more than you really are by reducing the size of your plate. A full plate sends the signal that you're eating a lot.

- Eat slowly. Rushing through a meal may cause you to overeat. Focus on the bites you take and

savor each one. Slowing down also will help you recognize when you are satisfied and can put down your fork.

- Dole out portions in advance. When eating meals or snacking, pre-select portion sizes and keep the larger pot of food or bag of chips in the pantry. Out of sight, out of mind, and you probably won't miss the extra food.

- Start with a protein-fueled breakfast. Breakfast is touted as the most important meal of the day, and there is evidence that selecting protein laden foods for breakfast, rather than simple carbohydrates, may suppress appetite throughout the day. Choosing an omelet over a bagel might make a real difference.

- Don't eat while distracted. Eating while involved in an



important conversation or while watching an engaging television program can divert attention away from how much you are eating, so stay focused on the amount of food you're eating.

- Know food weaknesses. If you're a sucker for ice cream, don't stock it in the freezer. If you tend to eat as a coping method to stress, look for a healthier way to relieve that anxiety, such as exercise. Recognizing and eliminating foods that may encourage poor eating habits can help you eat less.

Overeating can be curbed by taking a few simple steps that are as effective as they are easy.

Help kids feel comfortable at the dentist

Routine dental examinations and cleanings are an important component of oral healthcare for both children and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave — especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to dental visits to make them more comfortable during their appointments now and down the road.

- Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process and become familiar with the type of equipment used.

- Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead to more

complex dental issues.

- Read books about the dentist and role play. Information can allay kids' fears about the dentist. Read books together about dental visits and act out possible scenarios with your kids. Give kids toy dental health tools and have them practice exams on you and vice-versa.

- Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be supportive and offer a hand to squeeze or a hug if your child needs you.

- Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be neces-

sary. Many family practices cater to patients of all ages, and the familiarity of the office may help make children feel more comfortable. Speak with your dentist about the ages they see.

- Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like "clean, strong, healthy teeth" to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won't seem too frightening. By employing these techniques, kids' dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth.