

# your Self



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## Think Before You Eat

A simple solution to creeping weight gain in middle age

SOMEWHERE BETWEEN DIETING AND EATING WHATEVER YOU WANT, THERE IS a sensible approach to weight management.

Diets dictate our boundaries: No cookies. One pat of butter. A spoonful of nuts. Whereas, eating freely means indulging: A second helping of biscuits. A bacon-topped burger. A double-scoop cone.

The middle ground is called restrained eating, says Larry Tucker, MD, an obesity researcher at Brigham Young University in Provo, Utah. His research shows it's an effective way to prevent the slow creep of weight gain as we age.

Dr. Tucker found that normal-weight women over age 40 who did not consciously restrict food were twice as likely to gain weight over time – more than 6 pounds in three years.

Restrained eating is as simple as skipping the appetizer, choosing light salad dressing or taking a smaller piece of pie. Dr. Tucker says, “We are surrounded by unhealthy foods so it’s easy to overconsume. Dietary control is important.”

– ELLEN FIX



Avoid putting on pounds by following Dr. Tucker's straightforward tips on sensible eating. Go to [www.ArthritisToday.org](http://www.ArthritisToday.org).