

## how did it go last week?

Note the little change you tried, challenges you overcame, and little victories you achieved.

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## next week When Plateaus Strike

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## little change I'll try this week

Based on what you learned in your meeting, write down a to-do. Make it simple, specific, and small.

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### Motivated

“While on my honeymoon, I used the Weight Watchers Mobile app to find a meeting in the area, so I could weigh in before sightseeing.”

**Cassie, Chicago**

Have you recently been awarded a Bravo sticker? Tell us what it was for. Write to us at [WeeklyBravos@WeightWatchers.com](mailto:WeeklyBravos@WeightWatchers.com)

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▲ **Weight Watchers Power Foods**

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Photo by Kreg Holt



# Enjoy Every Bite

How to slow down and savor the flavor **page 6**

## Meet Weight Watchers® Leader Diana



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### 3 ways to eat more mindfully

**1 Set the table.** Why do we love to dine out? Besides not having to cook or wash dishes, it feels special to sit down at a beautiful table. So at home, I use a tablecloth, placemats, and pretty glasses and plates.

**2 Slow down.** When I started Weight Watchers, my Leader said, “Never put food in your mouth when there’s already some there.” Sure enough, I was doing just that. Now, I put my fork down and sip water between bites, so I savor my food instead of shoveling it down.

**3 Control portions.** When serving dishes are on the table, it’s too convenient to spoon seconds (and sometimes thirds) onto my plate. Now, I leave everything on the stove or counters so that I have to think before I get up for more.



### Quick and good

Got 20 minutes? Get cooking! Our **Under 20 cookbook\*** gives you 200 satisfying, easy dinners to make, including 70 recipes for Simple Start. Plus, there’s a handy list of best-ever appliances to help speed up your cooking.

\*Available in participating meeting locations.



## The dish on dining out

with **Julie Peller**  
of Weight Watchers corporate team

### The two-bite test

No matter how tempting a menu description is, or how delicious something looks as it arrives at my table, if it doesn’t pass the taste test, I won’t eat it.

- I try two bites, giving myself plenty of time to see if it’s really good.
- If it *is* good, I take small bites, eating slowly, so I can truly enjoy the flavors and give myself time to get satisfied. With big pasta, like penne, I eat one piece at a time.
- If it’s *not* good, I’ll ask the server to take it away—I might bring it home in a to-go box if I think my family will like it—and just have a side dish instead.

My list of foods-I’ll-never-eat-again isn’t always what you might expect. I tried—and hated—cheesecake twice. It’s off the list. Nothing you could say would make me eat it.

Illustration by Sheree Boyd



From WeightWatchers.com

## Fresh Mozzarella and Tomato Paninis

We give these sandwiches extra flavor by rubbing the bread with a cut garlic clove. Swap basil for the arugula if it's too peppery for your taste.

**7** points plus value per serving | prep: 10 min | cook: 4 min | serves 2

- 1½ tsp red wine vinegar
- ½ tsp olive oil
- ¼ tsp dried oregano
- ⅛ tsp table salt
- ⅛ tsp freshly ground black pepper
- 4 oz Italian bread, cut into eight ½-inch thick pieces
- 2 oz fresh mozzarella cheese, thinly sliced
- ▲ 1 medium plum tomato, cut into eight thin slices
- ▲ 1 cup baby arugula leaves
- 4 sprays olive oil cooking spray
- 1 medium garlic clove, peeled and cut in half

Preheat outdoor grill (or indoor grill pan or skillet).

In a small cup, stir together vinegar, oil, oregano, salt, and pepper until blended. Brush mixture onto 1 side of each slice of bread.

To make sandwich, place ¼ of cheese on brushed side of one slice of bread. Then top with 2 tomato slices and ¼ cup of arugula. Top with another slice of bread, brushed side down, and then coat sandwich with cooking spray. Repeat with remaining ingredients.

Grill lightly, while pressing with a spatula from time to time, until bread is toasted and cheese melts, about 1 to 2 minutes per side. Rub grilled bread with garlic clove. Yields 2 sandwiches per serving.

Recipe ©2007 Weight Watchers International, Inc. All rights reserved. Photo by Tina Rupp.



# 14

Number of different foods and beverages an American typically has in a day, ranging from ready-to-eat cereal, fruit, and vegetables to carbonated soft drinks, coffee, and salty snacks.

Source: "Eating Patterns in America," 2013, NPD Group

**Did you know?** If you're an eTools subscriber, you can tweak servings or ingredients for WeightWatchers.com recipes in the Recipe Builder! Just click "Edit" at the top of the recipe window.



## Downscale it

Chop high-calorie foods like cheese and chocolate into smaller pieces. It may seem like you're getting more than you actually are.

## MVP (Most valuable pepper)

For thousands of years, black pepper was a prized luxury at the table—in fact, it was traded as currency in Greece and Rome. Some pepper traders in the early American colonies became millionaires.

*(Now the most popular spice in the USA, it's about \$4 for a 4 oz canister.)*

Source: Science Reference Services, Library of Congress.





Set an appealing table to give your eyes more to feast on—and to help you linger over your meal.

# Enjoy Every Bite

How to slow down and savor your food (so you eat less!)

Taking pleasure in a meal isn't merely a matter of how it tastes. Other elements come into play: your food's aroma, its colors and shapes, whether it's chewy or crunchy—even how it sounds! If that burger's sizzling when it arrives on your plate, your mouth will start to water (not so much if it sounds like a dropped hockey puck).

**Immerse yourself in a meal via all of your senses**—not just your taste buds—and you're likely to leave the table feeling more satisfied even if you eat less than you would have had you gulped your meal without paying attention, says Lilian Cheung, director of Health Promotion & Communication at the Harvard School of Public Health's Department of Nutrition and author of *Savor: Mindful Eating, Mindful Life*. That's because you're probably eating at a leisurely pace, giving your body time to signal to your brain that you've had enough. It can take 20 minutes or more for the "I'm full" message to register; wolf down your food and you can easily eat past the point of satiety because your head hasn't caught up with your stomach. Research bears this out: In one study, women who ate a meal slowly took in an average of 70 fewer calories than women who ate quickly. The slow eaters also reported feeling more satisfied.\*

Even if you have to squeeze a meal into a packed schedule, you can find ways to indulge all your senses. Some tips:

- When dining out, **channel your inner art lover** and look at how colorful fruits and veggies contrast with creamy-hued pasta or chicken; how the food has been sliced or diced and arranged or stacked; how the sauce has been drizzled or swirled or dotted on the plate. ▶

Photo by Kreg Holt



Pour a glass of wine, or seltzer with a squeeze of lime, or iced tea with lemon—the sight, flavor, and aroma can enhance the foods you’re eating.

- **At home, let your inner artist into the kitchen:** Let’s say you’re making a seared fish fillet with boiled potatoes and steamed broccoli. Dress it up by mashing the potatoes, setting the fish on top, arranging the broccoli alongside, and dusting a flurry of minced herbs over everything for brightness. Wipe away spills on the plate edges with a paper towel and garnish with a wedge of lemon—voilà, a simple meal you can feast your eyes upon.
- Before you take a bite, **identify each dish on the table** (or each item in your sandwich or salad), even saying the names aloud. This can help turn on your attention and appreciation for the food.
- Even if it’s your usual morning bowl of oatmeal, **treat the first spoonful as if it’s the first time you’ve ever eaten it.** Let it linger in your mouth and notice how the flavors play together. You may even pick up delicious nuances in familiar foods (“Wow, I never noticed how peppery arugula is—yum!”). During the meal, **take small bites** and see if that helps you eat less food overall.
- **Tune in to appetizing sounds**—the *pop!* *poppop!* *pop!* of popcorn on the stove, the *crunch* as you bite into a crisp apple, the almost-funny *slurp* as you sip hot soup. Go out of your way to make some noise, too: Snap that cracker or stalk of celery in half before plunging it into (low-fat!) dip; fill your water glass with ice cubes so that they clink with every sip.
- Some research\* has found that people feel more satisfied after eating foods that have complex odors, and may even eat less of a food that has a strong (and pleasant) aroma. **Put your nose to work** before you even open your mouth—notice the sweet smell of a freshly peeled banana, the warm spiciness of a cup of ginger tea, the savory sumptuousness of cheese melted on toast.
- Texture is also key. Take a moment to **enjoy how your food feels in your mouth**—the creamy sensation of yogurt as it slips across your tongue, the chewy nuttiness of barley pilaf, the way an orange slice bursts when you bite down on it and sends out sweet juice and tiny bits of pulp. Add more mouthfeel to your meals to make them more interesting—a sprinkle of chopped nuts on that yogurt, for example.

\*For more information on the research mentioned here, go to [WeightWatchers.com/WeeklyUpdates](https://www.weightwatchers.com/WeeklyUpdates)

Photo by Keeg Holt

Before starting any activity routine, take the readiness quiz on page 6 of *Frequently Asked Questions*.

# fitness

## Finesse your fitness gear

Now that spring is here, you might be ramping up exercise—longer walks outdoors, bike riding, maybe training for a 5K.... It's the perfect time to spiff up your stuff.

**Invest in proper workout wear.** If your exercise outfit is a baggy T-shirt and sweatpants, up your game. Cotton simply gets wet and stays wet when you perspire. Choose tops and bottoms in breathable fabrics, with labels like "moisture-wicking" or "dry-fit." (Bonus: You'll feel more agile and athletic in them.) Don't sweat the small stuff either, with breathable socks and undies. One option: **Moving Comfort's Fiona Sports Bra** (movingcomfort.com).

**Keep H2O ready to go.** Always drink water while you exercise, especially in warmer weather. Good bottle features: A wide mouth for easy refills, a spout or straw so you can take a swig without taking a shower, a cap that screws on tight and doesn't leak (or require a crowbar to unscrew!), and a shape that's comfortable to hold. The **Reflex Anti-Bottle by Vapur** is a clever alternative; it's basically a pouch with a spout that rolls up when empty to save space. (vapur.us)

**Keep the beat.** Nothing like a great tune to make a workout/run/walk better. But bulky headphones can be uncomfortable, and ear buds can slip out of sweaty ears. Look for earphones that fit securely but don't block ambient noise, for safety. One to try: **Urbanears Medis** earphones (below); the earpieces secure to ears in two places, so they stay put without blocking the sounds around you. (urbanears.com)



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## weightwatchers

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