

Ellie Krieger's

Tips for Getting the Food Satisfaction You Crave ▼

Have you tried different eating plans but can't find a regimen you can live with? One way to make peace with food is to deem no food off limits.

But then again, you need to be choosy.

Ellie Krieger, RD, host of the Food Network's *Healthy Appetite With Ellie Krieger*, says, "If you get slightly snobbish about food, then you only indulge in treats when it's really special. Recently, I was at a meeting. There were all of these limp-looking, dried-up pastries on the conference table, and a woman said, 'Oh, I want one of those!' And I asked, 'Do you really think they look good?' And she said, 'No, but they're just calling my name.' And I thought, 'No! Wait for the good stuff! Spend your calories wisely.'"

Her next suggestion? Slow down. Really savor what you eat. "To me, the worst thing you could do is to eat that piece of chocolate cake but not even enjoy it because you're regretting it before you're even done eating it," says Krieger. "If we can't really taste food, if we're just shoveling it in, we'll never find that peace."

There are several pay-offs for slowing down, says Krieger. "Saying grace before a meal gives us a moment of pause. Whether it's a religious thing for you or not, having a sense of appreciation helps begin the ritual of a meal at which you really savor the food."

Experts indicate that eating slowly has a two-fold benefit: You're less likely to overeat, and taking the time to savor ensures that you will chew carefully, which aids digestion. "I still struggle with this all the time," Krieger admits. "I'll find myself rushing through lunch, and suddenly I think, 'Ellie, what are you doing? No one is going to come along and steal your plate! Just slow down!'"

And this applies whether you're eating a crisp, bright, farm-fresh salad or something delectable from a bakery.

"Taking pleasure in food helps detach that feeling of guilt. No matter what you're eating, don't let guilt get in the way; if you're going to eat it, enjoy it," Krieger explains.

Finally, eat filling foods. Krieger favors dishes designed to be great tasting but not heavy in calories. "When you eat the right, healthy foods that have great texture, fiber, and flavor, you can eat a nice sufficient portion and still not be overeating in the sense of taking in too many calories."

Her cookbook doesn't detail a weight loss plan, but some people find that they lose weight by eating the kind of dishes Krieger offers—the favorites they crave—because of the way they're prepared. If you think that means Krieger turns her nose up at ingredients like butter, you'd be wrong. "The key," says Krieger, "is to use butter, full-fat cheese, bacon, and cream in small amounts but in a way that has maximum impact. Those ingredients can add lots of flavor and be really appealing, but they don't have to upset the healthful balance."

