



PREP YOUR KITCHEN FOR SUCCESS

How is my kitchen going to affect how I lose 10 pounds with Scale Back Alabama? You may be surprised that organizing your refrigerator and pantry can encourage weight loss – but think about this...before a big project or meeting, you prepare before so that you succeed, right? Kitchen organization can have the same effect! Obviously, well balanced diets and physical activity contribute towards weight loss, but simple organization can help, too!

Organizing the Fridge: Keeping healthier snack/meal options towards the front of the fridge, at eye level, and in clear containers (if able) will help you pick them before reaching in the back of the fridge for that slice of cake. Placing fruits and veggies on a shelf rather than the crisper drawers can help keep healthier options at eye level also. If you plan on meal-prepping, keep those snacks towards the front of the fridge for easier access.

Plates and Portion Size: Research suggests that large plate sizes = large portion sizes. Keeping smaller plates on hand decreases the white space that our brains recognize to fill up our plates. Smaller plates = smaller (more normal) portion sizes. Not only plate size, but the color of the plate can matter, too! Scientists believe that eating off of a plate that is the same color as your meal increases portion

size. Having rice for dinner? Try eating off a brightly colored plate to determine appropriate portion size.

No-Phone Zone: When you are eating, it is time to focus only on eating, and also catching up with your family. Studies suggest that people who eat while on their phone tend to ignore hunger and fullness signals. Without focusing on these signals, we can overeat without even realizing it. Being present and knowing your fullness is important to losing weight and creating a healthy habit.

Spice'n up the Pantry: Loading up the pantry with spices other than salt and pepper can add some life to your meals! Besides spices, look into different oils and vinegars for salad dressings, or hot sauces and mustards to go with protein sources. The more options for spices and toppings, the less “bored” you will get with your meals and the more you can focus on adapting to those healthy behaviors. Plus, who doesn't love trying new recipes and toppings?

Single Sweet Drawer: Most everyone loves their sweets, but the more you see them, the more tempting they become! Limiting your sweets to one drawer will keep them out of sight and you'll be less likely to grab them before eating a healthy snack!

INCLUSION MATTERS: Setting up your kitchen for success may mean using adaptive kitchen tools. There are many innovative kitchen tools and accessories designed specifically for making cooking easier

and safer for people with mobility limitations, vision loss, or unsteady hands. Check out this [article](#) and watch the videos to get ideas for independent cooking and prep using adapted kitchen tools!

FAMILY MATTERS: Kids can be messy but getting them involved in keeping up the appearance of a clean kitchen is important for the whole family. Keeping the kitchen tidy has shown a decrease in the amount of food eaten compared to a cluttered kitchen.

LINKS:

More Kitchen Design Tips: [nbcnews.com/better/health/7-ways-arrange-your-kitchen-weight-loss-success-ncna824546](https://www.nbcnews.com/better/health/7-ways-arrange-your-kitchen-weight-loss-success-ncna824546)

Proper Portion Sizing: eatright.org/food/nutrition/nutrition-facts-and-food-labels/serving-size-vs-portion-size-is-there-a-difference

Cooking with Spices: [foodnetwork.com/recipes/articles/guide-to-spices](https://www.foodnetwork.com/recipes/articles/guide-to-spices)

Healthy Recipe: Using Cajun Spice Blend [foodnetwork.com/healthyeats/holidays/2011/03/cajun-spices-10-ways](https://www.foodnetwork.com/healthyeats/holidays/2011/03/cajun-spices-10-ways)