

Hey guys. Welcome to this week's episode. Today I'm so excited. I have Lindsay Eure. Did I spell and say your last name correctly?

You did.

Okay good. Eure. And she is a thin eater. As you guys know, I've interviewed over 1,000 women who have been thin, they've always been thin, they've not struggled with yo-yo dieting, and going back and forth. So we're going to do an in-depth interview of her and how she eats. So I'm really excited.

Lindsay, welcome.

Thank you so much. Good to be here.

So tell me a little. First tell me a little about you, what you do-

Sure.

-and just introduce yourself.

All right. I am an entertainer, director, teacher in the performing arts world, musical theater specifically; a resident artist at the Zeiders American Dream Theater. That's the new theater that we have at our Virginia Beach Town Center. Teach out of my home. Do a lot of things in the arts.

What do you teach at home?

I offer private coaching for audition preparation and acting-

Like acting-

-musical theater techniques. Um-hmm.

That's cute. Everyone keeps telling me I need to get my son into acting, because he's so, you know, animated-

He is! I could totally see that. He would be great, yeah.

-and stuff like that. Yeah. But I also know that I always heard those horror stories about people who were actors when they were young, and I'm like, I just don't want him to turn out to be, you know-

Uh.

- a nightmare. I'm like, he's just so perfect. I don't want to change that.

He's adorable.

So tell me, what does a typical day look like for you?

Well I get up around 7:00. My alarm goes off at 7:00, then I get up. I have coffee in the morning. My husband's so dear, he makes my coffee every morning, just the way I like it, with half and half and a bit of coconut sugar, which I've used to replace regular sugar. And then I get to work, getting my son ready for school, get myself ready for the day, drop him off. I don't eat in the morning. Can't stand eating in the morning, I'm just not hungry. I don't like to eat when I'm not hungry. So, I probably eat when I pick my son up and he's hungry. Tend to plan my meals, I guess, around other people.

So like around noon, you would say?

Yeah, I'd say around noon I'm hungry and then I eat.

Yep, and so-

Dinners I cook a lot. I cook a lot. We don't go out.

So you start your eating day at around noon and one of the things that ... it's a controversial topic in intermittent fasting and this is the thing ... you do intermittent fasting, but you don't know that you're doing it.

Exactly.

And that's why I wrote my book, because it was like I kept interviewing all these people and every one of them was like, "Yeah, I don't eat breakfast." I'm like, "Why?" And they're like, "Well I'm just not hungry in the mornings." And then I'd say like, "Well don't you think breakfast is the best meal of the day?" And they're like, "No."

I think that's a fallacy.

They're like, "Look at me. Look how beautiful I look and look at my body." I'm like, "No, I'm not forcing food down my face when I'm not hungry because someone told me that breakfast was the most important meal of the day."

And you know something? I've noticed if I do eat later in the evening ... we actually have a pretty early dinner, we'll eat at like 5:00 or 6:00 ... but if I do eat a snack later in the evening, I will wake up hungry. That's not something I usually do, but I will wake up hungry and need to eat earlier in the day. So I don't know what there is to that. Also I just ... I never bought into the three square meals a day philosophy. I don't think it's necessary. I don't think we're built that way.

No. It's just too much food.

I think that our ancestors had to work a lot harder for food than we did, and burned a lot more calories daily than we do, and we don't need a protein and a carb and a vegetable three times a day-

Um-hmm. Right.

-to run.

Okay, so you start your day at 12:00, and then when do you usually have dinner?

5:00 to 6:00.

Um-hmm. Yeah, so you like to eat an early dinner.

Well, my husband gets hungry early, so it's more cooking for him.

You know, it's so funny because one of my friends called me the other day and it was like 4:45. And she goes, she's like, "Hey what are you doing?" I'm like, "Oh, I just finished eating dinner." She's like, "What? It's 4:45. You're finishing dinner?"

But sometimes if I eat a really small lunch ... so I usually start my day around 12:00, then I eat lunch. But let's say if I'm really hungry that day, it might be 11:00. So that day I must have started my window around 11:00, and so by like 4:30, I was hungry already, because I didn't have any snacks or anything, and just didn't have that much.

I also often have rehearsals in the evening, or I'll be teaching in the evening, so I will do it early so everyone can eat before I leave to go to the theater.

So do you see how ... and this is what I love, like this is what I'm talking about. Like, you've never said to yourself, "I'm intermittent fasting," but you are, if you look at it, right? If you start your eating window at 12:00 and you're finishing eating at 6:00, you're eating in a six hour window.

Right.

And that one cup of coffee with creamer is ... anything that's really under 50 calories, it just doesn't affect your blood sugar that much, and it still keeps you in the fasted state.

And if that particular thing is something I enjoy and I want to get my day off to a good start and feel happy and feel like I can conquer the day, so if that's what does it for me-

Yes.

-that's what I'm going to do.

And what I've found is a lot of times people say, "That coffee with cream," that little bit, that 30 calories, 50 calories, whatever it is," it doesn't raise my blood sugar", because it's high fat.

Right.

It's heavy cream. And it doesn't raise my blood sugar crazy, it just kind of keeps me going and actually allows you to go to a longer time where you're not as hungry.

Right.

So talk to me about when you're eating ... if you don't love something, do you stop eating? Or would you say when you're eating, how do you know, I'm going to stop eating this right now?

If I'm full, generally I will stop, unless it's so, so, so, so good. That's when I'll get those extra calories, but if I don't love it, I'm probably not eating it. I have a friend that will take a bite of something, be like, "Oh, let's try this" ... we went to this little bakery, it's a little outing. "Oh this is, eh, it's okay," and then eat the whole thing after I've tried it and it's not ...

Not that good.

-really giving me joy, then I'd rather just save those calories for later.

So-

Especially if it's empty calories.

Yeah.

I'm not going to finish it.

So if you were going to rate something like five stars, four stars, three stars, right. Like five stars is like, Oh my gosh, this is the best thing I've eaten.

Um-hmm.

Four is like, this is really, really good.

Um-hmm.

And then three is like, eh. Where would you say that you would stop eating?

I'd say if it's not four to five stars, I'm probably not going to eat it, unless I know it's going to be a long time until I eat and that's just a practical matter. But as far as enjoyment-

Yeah, so pretty much a four to five.

-it has to be up there.

So you'd say you have friends that you would say-

Unless it's going to insult somebody.

Yeah. So would you say that you do have friends that you're like, "This isn't that good." And they would say, "Yeah this is not good," but they'd eat it.

And finish it. And finish it.

I know, it's hysterical.

But how can you eat that?

If it's not that good, then why are you finishing it?

I think because eating has become such a mindless activity. Food is so easy to come by and it's just a mindless activity.

So, is there any foods that you say, you know, this is off-limits for me, or I kind of watch it on this.

Right.

What is your idea? So it's 12:00. You've had your coffee in the morning, here it is noon. Now, first of all, talk about how do you know that you're physically hungry?

I physically feel it in my stomach. I mean, it gets to that point.

So you hear your stomach growling.

Yeah, I may hear my stomach growling or I just go, "Gosh I feel a little whew. I think I need to eat." But like my blood sugar maybe drops. I don't know if that's a good thing, but that's what happens.

So do usually wait until your stomach growls?

Until I'm hungry.

Yeah.

I'm actually hungry.

And you're aware that it's hungry, yeah.

Rather than a preventative measure.

uh-huh. And so would you say that if you were going to decide what to eat, so now you're like, "Okay my stomach's growling, I'm feeling a little ugh, now it's time for me to eat." How do you decide what I'm going to eat right now. Do you say, "What is my body craving?" What are you thinking at that point?

Well, there's certain things that are always off-limits to me, so therefore my choices are always fairly healthy, even if it's dependent upon the situation, or the time, or where we are. So even if I take my son to lunch, it's not going to be something unhealthy. We don't do fast food. If I'm eating leftovers from the night before out of the fridge, it's not going to be something unhealthy.

So let me ask you this: When was the last time you'd say you did have fast food?

I couldn't tell you. Rarely ever. I've had some Chick-fil-A once in a blue moon, and it's grilled nuggets. And I didn't grow up eating fast food and I don't crave it. And I just don't do it. I don't know. It's not very [crosstalk 00:09:48]

So tell us about your family and about your kids, so everyone can kind of ...

My immediate family or growing up?

Immediate family.

Well my husband, Robert, he owns a liqueur brand, Nectar liqueur.

Which is fantastic, by the way.

Which is fantastic, yes.

If I went to the ABC Store and I saw it and I was like, "Oh my gosh, there's Nectar liqueur." So, I was so excited to see it there.

Thank you. Thank you.

And it is delicious.

It is.

What we need to do, if you don't mind-

Yes.

Your husband made this biscotti with that-

Oh, right! Yes.

We need to get him in here to show that on video, number one. And number two, if you send me that recipe, again, I'm going to post it.

Okay.

I'll post it in the show notes. But you've got to use it with the Nectar liqueur, because it is to die for.

It's so good.

I don't even like biscotti, but one day he was like, "Hey do you want to try this?" And I ate it and I was like, "This is the best thing I've ever ate. I didn't know I liked biscotti." It was hysterical. So you've got to get us that.

It's so good. Okay. Will do.

EPISODE 73 Guest Audio (Completed 01/18/19)

Transcript by Rev.com

And then, tell us the rest of your family.

And then it's my son, who is four and a half, my darling boy.

He's so cute.

Yeah, he'll be starting kindergarten next year and enjoys all the boy things, super heroes.

So does he ever say, "Mom I want to go to Chick-fil-A," or, "Mom I want to go to Taco Bell," or ...

He's never been to Taco Bell. He has been to Chick-fil-A, so he'll ask once in a while, but it's more about the play area, because he rarely finishes his food because he's busy playing.

Uh-huh.

No, he asks me to go to the place with fire, which is a Hibachi place, and he likes to eat the chicken and the rice. And he asks me to go to a Mexican place.

Oh, my son loves that. My son loves that Hibachi.

Yeah.

He wants to go there all the time. He loves that place.

It's fun.

So when you go there, what do you eat?

We usually go for lunch, and do the lunch special. I'll get the teriyaki chicken with the vegetables, and we'll share that. I'll get him an extra side of rice because I like the rice too.

Um-hmm, yeah. Their rice is-

That's one of my splurges.

-really good.

I really enjoy rice, and I really enjoy pasta, but I won't eat it a lot. And I like whole wheat pasta, so at least there's that.

So okay, talk about for lunch. So a typical lunch for you that you eat all the time would be what?

Well a lot of times my lunches consist of snacking.

Okay.

So I'll have a packet of tuna, or I'll have an apple and peanut butter, or I'll have the leftovers from the night before, or if I take my son to lunch, that's kind of the times that I actually eat, I guess, what you'd consider a meal-

Um-hmm.

-for lunch, because that's a bonding time for us.

So would you say your lunch is ... if you said small, medium, or large, what would you say?

Small.

So your lunch is small.

Because even when we go out we share.

So you'll share a meal?

Um-hmm.

Okay. And do you like the feeling of being full or would you say you don't?

I cannot stand being full.

Okay.

I love being satisfied, but when it crosses over to that feeling of being uncomfortable, I don't like that.

What would be the signs that you would say that this is why I'm full?

That's such a good question, because they're so subtle, aren't they, the physical feelings of it. Well if you eat too fast, you're going to miss it. I think that's super key. I know some people that wolf down food, and they're able to finish everything before they realize that they're full.

Um-hmm.

I do tend to savor my food a lot, so I'm a slow eater. And I think part of it is when I'm still eating, and I have plenty of food left and people are finished, I realize, wow the meal's kind of ending. I actually think I'm full.

I love that. That's so cool. So let's say you were really craving M&Ms or Skittles. Let's just say you were really craving that.

Okay.

Number one, would you eat that or would you say, "No, I'm just not going to eat that," or would you say, "I'm going to eat one or two." How does that work for you?

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Transcript by Rev.com

Okay. Well, I don't crave those things. I don't crave candy. I do like some good chocolate once in a while, but I much prefer a baked good.

Okay.

So if that's something that I really want, I'll get it. I don't eat it all, though. I'm a squirrel. You can ask my husband. I will squirrel things away. In fact, I'll have to hide them from him, so he doesn't get them.

Yes.

So, I like a seven layer bar from Taste Unlimited. Once in a while, he will bring one home for me, and I'll eat a little of it, and wrap it up, and I hide it away in a cabinet. I can nibble on that for several days.

I love that. So I want you to really draw a picture for me of how ... as descriptive as possible with that dessert ... you would eat that dessert?

Okay. My goodness. Okay, I mean, you utilize all the senses. So this dessert is wrapped up, and it has a certain density to it, so I feel this heavy dessert in my hand. I'm like, Wow this looks good. You open it and you see the chocolate mixed in with the graham cracker, and the butterscotch, and the coconut, all my favorite things and it smells good. And then I look at the edge of it, where it came out of the pan, like the best part. I take a bite of that. I eat slow and I savor it. It's just really, really good. I must be OCD because I'll eat in, like, a perfect line. Everything has to be square so that I can wrap it back up and it still looks new.

So if you had to say, how many-

I can't believe I'm confessing all of this.

Yeah. I love it. I love it. So, you know, it just blows my mind because I literally interview all these people and it's like so many of the same things-

That's amazing, wow.

-just keep coming up and keep coming up. And it's just over and over, and this is where the book came out of. This person said it, this person said it.

So, how many bites of that dessert, if you decided to have it, would you say you'd have?

I can't tell you because it's so many.

Um-hmm.

It's about this big. And many, many, many, many bites. I mean, mini bites.

Mini bites.

Many mini bites.

Okay. So she's not saying many, gang. She's saying mini, like M-I-N-I.

Oh, no ... many mini bites.

Yeah. Many mini bites. Right.

There you go. Yeah.

Okay. So-

It's not like a four bite thing for me.

Right. Just not four bites, because you're making the bites so, so small. Is that what you're saying?

Not on purpose. I just enjoy it that way.

Yeah. That's how you enjoy it. Okay. So this dessert, would you say it's the size of what? Like a tennis ball? Would you say that's how big the dessert is?

I'd say, if you took a tennis ball, and you went ... there you go.

So when you eat it, how much of that tennis ball are you eating in one sitting?

Maybe a quarter, maybe? Maybe.

Okay. A quarter.

Maybe it is on purpose, because I do enjoy it so much. I don't want people to think I don't enjoy food. I love food.

Yes.

Like, I'm a foodie, and I love to bake, but I also, I love it so much that I want it to be there tomorrow. Like, I want it to last.

Right.

So I think that's a technique.

I don't know if I told this story in my book or not, but my assistant ... if i didn't, I need to add it in the second version. But my assistant had this ... this was a long time ago. I had a very thin assistant. Her and her family moved out of the area, but before she moved, I remember one day she had this pack of doughnuts. It was, like, you know those mini doughnuts?

Yeah.

In the six pack with the cellophane?

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Transcript by Rev.com

Yep.

And she had it in her drawer, and she got it, but she didn't eat it and she put it in her drawer. And then one day, she ate one of the doughnuts. And then, that's it. She put it away. She put it in a little Ziploc and put it away. Then the next day, she had one mini doughnut and then she put a Ziploc and then she put it away. And then the next ... I think there might have been like four in there. And then for a couple of days, she didn't do anything with it. And then I was thinking in my head, "Those doughnuts are going to go bad." And she took the day off, and I ate every one of them.

You shouldn't tell.

I already knew when she got back, but it was like, at the time I was thinking, "If I knew those doughnuts were sitting there, I wouldn't be able to just put it away." You know what I'm saying? But now I can. Now I can. Now I can leave it. You can have candy, you can have whatever in the drawer now, but it's the same principle.

I do that.

If you look at my bar, I'm not a drinker. I don't like to drink. I like to eat my calories. But I have so much liquor in my house, but it can just sit there, and I'm not like, "Oh my God, I've got to drink it."

Right. Yeah.

So talk to me about is there anything that you do [inaudible 00:19:03]? Do you say, I don't eat wheat, I don't eat dairy, I don't eat sugar. Is there any of that? I know you say, "I try to have high quality foods."

Right.

But as far as the type of foods that you eat, is there anything that you [crosstalk 00:19:18]?

I definitely limit carbs, specifically white flour. I try to limit corn because I just don't feel that my body responds well to corn. And sugar-

But you have it in limited amounts. Is that right?

Right. And sugar-

So it's not like you don't eat it. It's just-

Or if I feel like the scale has crept up, and I keep an eye on that.

Um-hmm.

If the scale creeps up two or three pounds, I go, "Okay. You know, maybe I've been really enjoying the holidays," so then I may cut out sugar entirely. I don't cut out dairy. I have full fat dairy.

Yeah. Oh yeah, if I'm going to eat dairy I have full fat dairy. The two things I really limit in my diet, only because ... not for any other reason, not like I'm like, "Oh I think I'm going to gain a ton of weight if I eat dairy," or that sort of thing. It's how I feel.

You don't feel good on it.

So it's like when I eat it, I know that I'm going to be tired. If I have gluten I know I'm going to be not feeling good.

If I have white flour-

Um-hmm.

-I feel like I've been drugged.

Um-hmm.

I have to have a nap.

Yes. I know. My husband-

Or a bunch of sugar.

My husband jokes and says that if you give me a piece of Wonder bread ... which I'd never eat a piece of Wonder bread ... but if I ended up doing it, I would be in the bed, because of all the chemicals that are in that.

Um-hmm. Yeah. Yeah. Not eating processed ... Processed food is pretty off-limit. It has to be something organic.

Like a treat. It would have to be-

Packaged but not as-

So let's say you went to a birthday party and someone made this exceptional cake.

Um-hmm.

Would you eat that cake at the party?

Yes, but I never eat much of a cake at a party.

So just-

The cake has to be exceptional for me, but any time I go somewhere that somebody's made something, or this is what they have and this is what they're serving, even if it's not something I would usually eat, I will probably put it on my plate and at least pick at it.

Pick at it.

But that's ...

So let's talk about-

Out of politeness.

Let's talk about your plate of food. So let's just say you had ... name your favorite meat, your favorite veggie and favorite starch. You said you liked that Hibachi-

Sure.

So let's talk about that. Okay.

That's a treat, though, because that's a lot of rice with a lot of oil and stuff in it.

Yeah it is. But that's okay.

Okay.

That's still a treat meal.

Sure.

Let's say it's your son's birthday. He wants to go there. So, let's just pretend you waited until they gave you everything, because you know, at first they give you the rice, first they give you this.

Yeah.

But let's just pretend they gave you everything at the same time.

Okay.

What does that look like for you as far as ... what do you get there? Do you get shrimp?

I like to get the steak and filet mignon. I'm sorry, the chicken and filet mignon.

Okay. So you'd get the chicken and the filet mignon. And then the fried rice and the vegetable. So how do you decide what you're eating and what you're not eating? Like, do I eat the rice first? Do I eat the steak first? How do you decide what to eat, when to eat? You know what I'm saying?

Right. Gosh. Well I really enjoy the cabbage and vegetables they put on there and I mix that with the rice. I wouldn't say that I always finish my chicken. It's kind of more of a conscious effort for me. I eat meat but I don't crave meat very often. So, even though the rice on that occasion is not the healthiest part of the meal, I'd probably end up eating more of it than the chicken.

Um-hmm. Than the chicken. How much of your plate-

I'm conscious of it.

How of much of your plate would you say, if you go to a restaurant, would you say you're eating half of it, would you say-

Two-thirds.

Okay. Two-thirds of it. Your lunch, you eat a small lunch.

Right.

And then for dinner would you say that meal is small, medium, or large?

Medium.

Medium.

Um-hmm.

So pretty much would that sum up your day would you say? For lunch, I'm eating something small, and then for dinner I'm eating something medium-sized?

Yes.

Okay. What does your middle of the day look like? Are you having snacks or are you just saying, "No, I already had a small snack. I don't need to eat anything else."

I'm busy and I may not realize I'm hungry until I realize I'm hungry, and then I have a snack.

Um-hmm.

I will pack snacks with me so that I have things when I'm hungry. I pack little snacks.

I love that. It's funny because every person I interview, it's the same thing they say, they'll go, "When I'm hungry, I eat." It's like bing-bing-bing. "When I'm hungry, I eat. When I'm full, I stop."

But talk about the snacks. For the most part, you'd say, "I'm not eating a lot of snacks."

Right. It's not so much conscious, I think, because I am busy during the day. That I'm too busy to think about the meal or the snack or whatever I should be eating. I think if you don't have a packed day doing other things, you tend to focus on the meals more.

Um-hmm.

Or you look for something to do, and there's the food.
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Um-hmm. Now would you say that you ever overeat?

Sure.

So if it's on a scale ... let's just pretend you've got a scale. If we said, "Okay," zero would be ... I call it hamster hungry. Hamster hungry is when you are just so ravenous that you are like, I'm dying right now. I've got to eat. I feel faint, I'm beyond my stomach growling. One would be my stomach growling. That's when my stomach growls, I know I'm hungry. Two would be my stomach's not growling but I'm starting to get hungry.

Right.

And then three would be like, I'm not hungry, I'm not full. Four would be I'm satisfied, and then five would be I'm just completely stuffed, like Thanksgiving Day stuffed.

Right.

So if you had to pick from zero to five, where would you say on that scale would you say that you are starting your meal?

That I'm starting my meal?

So would you say, I'm starting at where my stomach is growling. At one.

Oh gosh. Yeah, it's always zero to two. If it's three, it's because we've planned to go to dinner with somebody and this is where we are, and I have no choice.

Um-hmm. And you'll just kind of nibble on something.

Right.

But for the most part, you'd say zero to one is where you start.

And zero is usually not on purpose. It's just I've been so busy I didn't realize I hadn't eaten.

Didn't realize. And then where would you say that you would stop eating; when you are just satisfied, like if you had to say, "I'd stop at a 3.8 right before satisfied, because I know I'm going to get hungry later," or would you say, "No I stop right when I'm satisfied."

I would say for lunch it's probably a 3, like I'm not hungry, I'm not full. Okay, now I can keep doing whatever I'm doing, and then at dinner I'm satisfied, unless it's something exquisite that I've paid a lot for, then I might get stuffed.

Yeah. I've heard that a lot when I interview people. It's like they don't like to feel full.

Um-um.

And they feel like if I get too full, it's just going to slow me down for the day and I've got a lot of things to do.

Right.

So I don't want to have that-

Feeling.

-feeling.

Yeah.

So, if you had to say for in the day when I asked you that question about being stuffed, how often would you say you get to that point?

Not very often.

Yeah. Okay how often would it be? Once a month-

Yeah.

-twice a year.

Maybe once a month, maybe.

And what happened>

And that's more the holidays time.

So what happens at that point? What's going on in your mind where you allowed yourself to-

Oh my God, this is so good! I'm so full but I can't stop. I could stop, but it's so good.

Yeah.

I'm not going to get this again.

So what would that be-

That's not every day.

So what would that be? Is that a specific restaurant or ...?

I don't think I get that way from the meal. I think that's the topping off with dessert.

Um. So you're trying to save room-

Because I'm already satisfied.

You try to save room for dessert. Now, that's a great point. So, would you say if you know you want to get dessert, like let's say they have this amazing dessert, would you say you would stop normally at like a 3.5, so that you had room for the dessert?

Yes. Unless it's the best thing I've ever eaten, yes.

Right. Yeah. So what would it be, like 3.5, 3.8? Where would it be on there for you, where you'd say, "This is where I stop."

Yeah, 3 point something, before I'm satisfied.

Before you're satisfied.

Yeah and it has to do with what have I ordered for dinner, and what do I see on the dessert menu. And if there's not something I really, really want, I'm not getting it.

Um-hmm. Do you feel like sometimes you just stop eating because you don't feel full right now, but you know you're going to be full afterwards? I'll give you an example. One of the thin eaters that I interviewed, she said that she ate one piece of pizza ... and that was a bigger piece of pizza ... for lunch, because she worked next door to a pizza parlor, and she was a hair dresser and she didn't have a lot of time, and so it was easy for her.

Right.

But she ate faster than normal because she knew, Okay I've got clients, I've got to eat fast. But she's like, I kind of can picture this much food is going to satisfy me.

Right.

So even though after she ate that one slice of pizza she wasn't full, she knew that in ten more minutes, she would be full. Does any of that go on in your mind?

Oh, yeah.

Or do you eat slow enough that you already feel full? Like, she said she ate faster.

I think it's because I eat slow.

Um-hmm. Yeah. Now-

If I start to feel like I'm starting to get full but I would like dessert and I would rather have dessert and not feel stuffed, then eat this and eat dessert and feel stuffed, or eat this and not get dessert. So I just weigh that.

So if you had to name, like, these are my top five favorite things to eat. Just, any of your five, that you're like, this is to die for, like five stars, party in my mouth, I love it, love it, love it. What would those be?

Oh, I don't know if I'll be able to come up with five. Okay.

Okay, then just come up with a couple.

Something I haven't had in a long time, like a flourless cake or some kind of chocolate souffle, like something dark chocolate. Love this. Comfort food, believe it or not, would be macaroni and cheese, so that's like the splurge where I don't care but I'm going to eat this, but I'm not going to eat a ton of it. It still makes me sleepy though.

Okay, so what makes you decide that you're going to have either the chocolate cake or the macaroni and cheese? Would you say, I eat it twice a week, I eat it once a week. How often-

Less than that. Rarely do I have a decadent dessert like that. We bake cookies in our house fairly often in the winter months. When I've decided I'm not going to have all that processed sugar and flour and baked goods, and I'm done baking them, because I'm baking for other people during the holidays. But when it's just me and I'm just going to have dessert, and I'm not making it for somebody else, I like to have blueberries with some heavy whipping cream and some Stevia.

Um.

And that to me, it's got the fat, it's got the tart, it's sweet.

See, that's great. So think about some other things like that, where you go, "I kind of want something sweet." First of all, how often would you say you have something sweet, even fruit? Would you say every day, I'm at least having a couple pieces of fruit, I have some kind of dessert. What does your sweets look like? Describe that.

I guess if we're counting fruit, it would be every other day, maybe. I don't super crave sweets, unless I'm eating them-

Are you a salty girl? If you had the choice, would you rather have chips or ... as someone said-

I need the balance. It has to be sweet and salty.

Sweet and salty.

I love a good vanilla ice cream that has ... oh, by the way if you're an Aldi shopper, they have a vanilla ice cream that has nothing else in it except the milk, cream, sugar, vanilla.

Wow.

Nothing else. It's great! It's cheap and it's great. And I like to put ... don't laugh ... sea salt on it.

Um. That actually sounds good.

I like to balance my salty and my sweet.

Uh-huh. So do you like chips?

Not really.

You're not a big chip person.

I like them at the Mexican restaurant. I like chips and salsa, but I don't like potato chips that much.

So describe how you would eat ... in really in-depth detail ... of how you would eat ... and you can pretend. Here, pretend this is your chips-

Oh, no.

There's your chips. Here's your chips.

Okay, I can do this. I'm going to show you.

Okay. So we're going to demonstrate, how many chips and salsa and like, how would you look at the chips? Just describe the entire experience of eating that chips and salsa.

Well, I'm usually hungry when I start eating-

Okay, perfect.

-so I'm always I'm going to have too many chips because that's the first thing brought out when I'm hungry.

Okay, yes.

However, this is how I eat chips, because I like to savor things.

Ooh, okay. So you're breaking it. Uh-huh.

I don't like to put the whole thing in my mouth, and you cannot double dip. That's really what it's about.

Okay.

But I guess the effect is I'm eating smaller pieces, so my chip lasts me a lot longer than someone else's chip.

When you're looking at all those chips that are in the bowl, is there a way that you look at them or how do you decide which chip to get? Do you like them-

I like the small ones.

Um-hmm.

I don't know why.

Yeah. Okay. Do you like ones that have extra salt on them or not too much salt?

I like the ones that have more salt.

Um-hmm.

I don't know if I hunt for them that much, but I like them.

Um-hmm. Perfect.

I like the greasy ones.

Um-hmm. So you kind of decide and look at which ones-

Yeah, I do. I'm kind of looking at the chips, evaluating them, that's look like a good one for scooping salsa or I can eat that little one without having to break it-

Um.

-because it's already little.

Gotcha.

Do that.

Yeah. What other things would you say that you do that kind of gives you ... like if I said to you, Do you feel like you're in bondage to food at all?

Uh-uh.

You'd say no, right?

Right. No. I love food.

But you love food.

I love food.

But there's no, like, you know, oh my gosh, if you had a dessert sitting here, you didn't feel that pull, like, "I have to eat it," unless you felt like you were truly hungry.

Right. No. I don't have to. I might want to taste it or try it to see what that tastes like, but I don't feel like I have to just eat that. And if I do order dessert, I'd really rather share it with somebody because I know that if I were to finish the whole thing, I'd be too full. So why don't we just share this? And if it's my husband, I make sure to cut it ... right in half, so I can get mine!

Because he might eat a little more of yours. Now do you think your husband's a thin eater or not really?

Not really.

Because he learns some principles from you maybe?

I don't know. No comment.

No comment. That's funny.

No comment.

So as far as like, if you had to put a percentage on it, where you said, 70% of what I eat is clean, 30% is whatever I want ... 80% is clean, 20%, 90. What is that ratio? And when I say clean, I'm talking about if you had to say fruits, vegetables and lean meats, how much of your diet would consist of fruits, vegetables, and lean meats? And then how much would consist of whole grain pasta, or dairy, or those other things? What percentage would you say?

70-30.

Yeah. So 70% of the time you'd say, "I'm eating clean," and then 30% eating whatever you want.

Right. Well, if we're putting the whole grains and the dairy in the 30.

Yes. Yes. Gotcha. So, explain to me, give me a couple of more days. So you start at 12, give me some more typical lunches or typical dinners.

Gosh. Why can't I think of lunches that I eat? I guess I'm just not food-focused in the middle of the day.

So like right now, because it's around 10:45 ... that's the other thing. You're not really hungry right now, so you're not even thinking about food.

No, I've been sipping on this tea.

So do you even really think about food until you get hungry?

No.

Um-hmm. Yeah. So that's great, because that's the key. It's like, if you're not hungry, you shouldn't even be thinking about this.

Right.

That's awesome. Any other tips that you would say that you have that you'd say, "This kind of helps me to eat less, or helps me to not overeat." Like, when the waiter comes, do you take half the food and say, "Here you go, take it," or any tips like that, that you do?

I guess when you are in that battle in the moment of-

Should I eat it or should I not?

If you're even thinking about it, then you're probably full. Just put it down and then push it away.

Um-hmm. Right.

Like, you have to physically separate yourself. I don't have to do that very often, but sometimes.

Um-hmm. Sometimes it's really, really good.

If it's something that's really, really good, but I'm getting full-

Full.

-then it's ... you know ... has to go away. Or I'll say, "Take this away from me, because I don't want to eat any more of that." It was good, I enjoyed it, but I'm not going to enjoy it any more in the next three bites than I have already enjoyed it.

Ooh, that's a good ... that's really good. And so let's say you're sitting down eating that chips and that salsa. What causes you to say, "Okay, that's enough." Like, I need to save-

The fajitas come!

Yeah. So you're still eating until the fajitas come.

Sometimes. Sometimes.

But you're eating them so slowly.

I do try to eat them slowly and that is a control mechanism for me, because I love the chips, but also don't want to pay for a meal that I'm going to be too full to eat because I've eaten so many chips.

And so let's say you got those fajitas, once you've had those chips, you had the salsa. How many total chips would you say you've eaten in that time, because you kind of-

I don't really know. Yeah. It's hard to say.

If you had to guess, would you say five, would you say ten?

Ten, maybe?

Ten total chips.

I don't know, that's hard to say. Yeah.

Okay.

I rarely ever finish the fajitas.

Okay.

Ever.

Would you say you eat probably half of that?

Sure. Half.

About half. And then you're putting it away.

If it's lunch, it's a lunch portion I'm sharing with Duke.

Do you try to share a meal with your husband or-

We used to but now I just always order something that-

What you want.

No, that my son will also eat. Unless it's something I really want, then I'll order from the kid's menu for him, but typically I'll order something that I know I can give him a part of.

Yeah. Um-hmm. Yeah. Awesome. Well thanks so much for being on the show today.

You are welcome. My pleasure.

This has been a huge blessing to people.

Thank you.

And just learning from you, and it blows my mind that every time I do interviews, it's the same information, just different people.

Wow. That's unreal.

It's just ... I love interviewing people who have ... now, have you ever had a problem with your weight?

No. I have always gone a little up and then a little down, and a little up and a little down.

Would you say five pounds?

Yeah, well a five to ten pound range, depending on-

Five to ten pounds.

I gained 50 pounds in my pregnancy.

Um-hmm.

And it took a long time to come off, but it wasn't ... I didn't do a crash diet.

Yeah. Do you feel like when you were pregnant, do you feel like you ate [inaudible 00:40:41]

I ate healthy, but I ate as much as I wanted to.

Yeah. So you were just eating too much when you were pregnant, you would say?

I guess so.

Um-hmm.

I don't know. No one ever even told me that I was gaining too much weight with the pregnancy, so I don't even know.

Well when you're as thin as you are ... people that I've seen actually that are-

I mean, I looked good pregnant.

Yeah.

And I didn't feel-

Yeah. Because you're-

-worried about it. I don't know.

Because you're so thin, that people that are so thin, 50 pounds is ... you've got to think a lot of that's water, too.

A lot, yeah.

But you just tend to gain more the thinner you are.

Maybe that's true.

When you start, you tend to gain more.

Right.

Well, you look amazing.

Well, thank you. So do you.

You're absolutely gorgeous and I mean, everybody is going to want your body.

If you want to see this episode ... a lot of you are listening to it, but if you'd like to see her, and you can see her, how she's eating those chips and splitting them in half and looking for the one that has the most salt on it, and if you want to see that episode, go to chantelrayway.com or go to our YouTube page and you can find it there. And if you have a question that you want answered, go to questions@chantelrayway.com.

Bye.