

## Good Eating Habits

Although we advised avoiding buffet meals in our recent portion control presentation, all of us face the temptation of buffet eating, especially during the holidays. Here are some ways to eat better at the buffet table.

### **If you're the host....**

Promote low fat choices by including lots of low fat foods and fewer that are high in fat. Provide vegetables, fruits, white meats, and lower calorie beverages such as apple cider.

Organize your table. Group appetizers, side dishes, main courses, and desserts together. Keeping foods organized by category can decrease consumption considerably, most likely because people see less variety, and thus eat less.

Hide the bad stuff. Keep over consumed foods, such as cheese, nuts, and cookies in harder to reach spots on the table. This makes it just a little harder to keep going back for more.

### **If you're the guest....**

Do a walk-through. Studies show that people who look over the entire buffet before filling their plates tend to be trimmer, probably because they are thinking about what they are eating rather than loading up their plates as they go.

Face away from the buffet. Visual exposure to food can cause overeating, especially when there is a lot of variety.

Wear tighter clothes. The feeling of a progressively tighter waistband is a powerful cue to stop eating. It can also make you more aware of mindless eating, which is common during parties.