

‘NUTRITIONAL TIPS’

FAST FOOD – SLOW FOOD?

Grabbing food on the run is a common part of many Americans’ daily routines. Now a new trend is debuting at the dinner table: “Slow Food.”

Today at the American Dietetic Association’s Food & Nutrition Conference & Expo in San Antonio, food and nutrition professionals are learning about the growing trend that expands the definition of a true dining experience.

The Slow Food movement puts an increased focus on the quality of food, the presentation of the meal and ambiance of the dining atmosphere. Experts are looking at the effect this trend is having on purchasing, preparation and service of food.

In this fast-paced society, we always strive to do things faster and get things quicker, but the slow food movement may offer a way to bring many people back to the joy of eating. Slowing down the meal and savoring each bite are also easy ways to help control your portion sizes and aid in weight management.

Consuming a meal more slowly is far more enjoyable than injecting it down your throat like delivering a bolus to a cow! Find a friend to eat with!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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