'NUTRITIONAL TIPS'

ARE YOU SPEED EATING?

Eating on the run or grabbing food from a bag are common eating methods for many Americans. But eating slowly may be better for your health.

Part of the enjoyment of eating lies in seeing what's on your plate, smelling the food and taking time to enjoy the process. Grabbing or eating on the run deprives you of the very things that make eating fun – and healthier. By eating slowly, you may improve what and how much you eat.

Try these tips:

- Always eat from a plate

- Sit at a table

- Eat only when hungry

- Enjoy what you eat

- Eat what you like.

- Drink fluids while you eat.

Focusing on what you eat makes it easier to sense when you are full and to stop eating before you overeat.

Try eating slowly for enjoyment and your health.

"Welcome Aboard!"
"Enjoy The Ride!"

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