

Tips for eating at a buffet

- **Don't skip your meals before going for the buffet.** Going to a buffet on an empty stomach will cause you to eat more than needed. You can eat a small snack before heading out.
- **Check which options are available before you pick up the plate.** Choose healthier options and try new food in smaller portions. This will help you make the best choices for yourself.
- **Enjoy your meal slowly and don't rush through it just so that you can eat more.** Consuming more food doesn't necessarily mean a better dining experience!

