



MyPlate  
MyWins

# Navigate the buffet

“All-you-can-eat” buffets offer a variety of options, but it can be easy to overeat. Before you pick up the first spoon, consider these tips.



## Survey the buffet

Take a lap around the buffet before you start to fill up your plate. Plan ahead so you know what to choose and what to limit.



## Savor a salad

Start your meal with a salad. Choose vegetables of all colors and top with vinaigrette rather than a creamy dressing.



## Be selective

Look for steamed, grilled, or broiled dishes, which are often lower in saturated fat than foods in creamy sauces or fried.



## Take your time

Be mindful to eat slowly and enjoy your meal. Use hunger and fullness cues to recognize when to eat and when you've had enough.



## Rethink your drink

Balance out your meal by drinking water or unsweetened iced tea rather than sugary beverages such as soda and lemonade.



## List more tips

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