“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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Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.