

# Healthy Eating at a Buffet

First, look at all the choices.



Get a plate and take small amounts of food.



Cut food in half and share.



Eat many different foods, like fruits, vegetables, grains and protein.



**Drink water or unsweetened tea.**



**Take a small bite of food and chew food completely (5 to 10 times).**



**Pause when your food is gone. Our bodies need time to feel full!**



**Eating at a buffet is fun, and I can make healthy choices!**