

# Tips that Count

Wellness information for your journey to a healthier you!

## Don't Diet: Eat Lighter

At any time, as many as half of all Americans are on a diet. Here are some ways to help with sensible eating, rather than dieting.

**Start dinner with a salad.** Green salads help fill you up with nutrient-rich foods.

**Serve it on the side.** Choose vinaigrettes or low-fat dressings instead of creamy ones. At a restaurant, ask for the dressing on the side.

**Eat slowly.** Put your fork down between mouthfuls, or at least swallow what's in your mouth before loading up the fork again. This will help you eat less.

**Keep celery and carrots** on hand and other healthy snacks that don't take any prep time, such as apples or packaged rice cakes.

**Drink plenty of water.** Water can give you a feeling of fullness that will take the edge off hunger pangs.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.