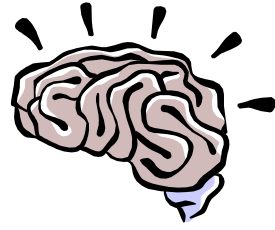


Big portion sizes don't have to be eaten in one sitting. Eat half your steak in the restaurant and take the rest home for a steak salad or beef and broccoli stir-fry.



Order once,  
enjoy twice.





Enjoy what  
you eat.

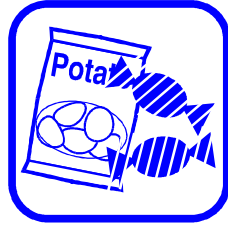
20

- ♦ If you eat slower you'll eat less.
- ♦ Enjoy what you eat.
- ♦ It takes 20 minutes for your brain to tell your stomach you are full.

- ♦ When you eat your snack choose to eat it from a plate, not from the bag.
- ♦ Be aware of how much you are eating.



# Snack wisely





# Power up with power foods



Power foods include:  
Green vegetables  
Red fruits  
Whole grains  
Low-fat dairy  
Lean meats

Pack these groups of power foods in relatively small packages for your lunch or snack.