



Useful nutrition tips from
Natalie Greene, RD

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How To Stop Mindless Eating...

Put your fork down between each bite of food. This will force you to slow down your pace of eating.

Try to chew each bite of food at least 10 times. You will enjoy your food more.

Take a sip of water between each bite of food. Don't mistake thirst for hunger.

Try to extend your meal to at least 20 minutes. It takes your brain 20 minutes to recognize fullness.

Always leave a little bit of food on your plate. This will add up over time and help you to lose weight.

Don't Bite Off More Than You Can Chew!!!

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Call Cliff Nonnenmacher, VP of Franchise Development 516.342.9064
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