



Useful nutrition tips from
Natalie Greene, RD

Staying Slim on Vacation

Limit the amount of bread you eat before a meal. Ask the server not to bring it to the table.

Keep track of how much you're eating. 1 ounce is the size of 4 dice and 3 ounces of meat is the size of a deck of cards.

Always order dressings and sauces served on the side. Try dipping your fork into the dressing instead of pouring it over your food.

Don't plan on losing weight while on vacation. Maintaining your weight is a more realistic goal.

If you have a treat, share it with other people. What you eat can be less of a problem than how much you eat.

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