

Healthy Measures: How to Tackle All-You-Can-Eat Buffets

All-you-can-eat buffet style restaurants may seem like the perfect way to try a variety of foods and get more 'bang for your buck'. However, buffets often promote overeating. This may be a pitfall for those who are trying to achieve or maintain a healthy body weight. On the bright side, there are ways to eat healthy while enjoying the foods being offered.

Here are some tips to help you navigate your way through a tempting buffet:

- Before diving right into the line-up at the buffet table walk around and see what is offered. Walk by the dessert area too. Make a mental note of which foods look delicious to you and which ones you can live without.
- Next, grab a plate and make your way to the salad bar first. Pile your plate with leafy greens and orange vegetables. Top off your salad with a low-fat salad dressing such as a light vinaigrette.
- Choose foods you do not eat on a regular basis or you are unfamiliar with
- Place two items on your plate to eat at a time
- Incorporate eating styles from a regular restaurant by having three plates: an appetizer (salad), main course, and perhaps even a dessert
- Keep your portion sizes small so you can try a variety of foods
- Eat with your stomach, not with your eyes and eat slowly. The brain may take up to 20 minutes to acknowledge the feeling of fullness.
- Drink water instead of beverages that provide empty calories, such as iced teas, juices, pop or alcohol
- Skip dessert or go for a small portion of only one dessert choice

For more information:

[Nutrition Matters: Healthy Food Ideas Away From Home](#)

[Nutrition Matters: Healthy Eating On the Go!](#)

[Nutrition Matters: Put an End to Portion Distortion](#)

[Nutrition Matters: Eat More Vegetables and Fruit](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!