

# Navigate the holiday buffet

There's a healthy way to get around the buffet table and avoid over-eating during the holidays.

**Make a plan:** First, take a lap around the buffet table to plan what to choose and what to limit.

**Go for color:** Start your meal with a veggie-packed salad with lots of variety.

**Take your time:** Eat slowly. Enjoy your meal and be mindful to recognize when you've had enough.

**Add healthy options:** Arrive at a holiday party with a festive vegetable platter to increase your healthy choice options.

