

Title:

16 Quick Tips for Eating at Restaurants or Work

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Summary:

Most of us eat at restaurants for a variety of reasons; time and convenience are the most common

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Article Body:

Most of us eat at restaurants for a variety of reasons; time and convenience are the most common

If you eat healthy food or sensible portions, that you like, you can stick with eating healthy

Your portions should be spaced out over the course of the day. Water should be a part of every

After you eat, your stomach should be half full, or less, with food. For every two parts of fo

When eating at a restaurant, eat half a portion, maximum, and wait five or ten minutes. Restau

This is way too much to consume at a single sitting and you may find out that, once you pause

In the Providence, RI area, there are some restaurants where the single portions could feed a

Establish control over your appetite. Most of us feel guilty if we don't finish a plate. This

Always eat something for breakfast and never skip it. When you skip breakfast, you will over

Eat slowly and thoroughly chew your food.

Make sure your last meal, or last snack of the day, is small and nutritionally dense. Examp

In the later part of your day, skip desserts, sugary cereals, bread, and second portions.

If you absolutely must have sugar: Eat fruit, strawberries with yogurt or low fat cottage chee

If you must have coffee or alcohol, beware that these should be consumed in extreme moderation

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