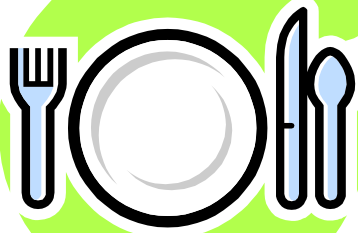


**TRIM YOUR
WAIST
WITH
THESE 8
CALORIE-
CUTTING
TIPS!**



1. Slow down and take time to enjoy your meal. Eat slowly and chew your food well. Put your fork down between bites and put less food on your fork.

2. Watch your portions by using smaller plates, bowls, and glasses. Put leftovers out of sight so you aren't tempted to go back for "seconds".

3. Eat meals at the table, not while standing or sitting on the couch. If you are cleaning house, watching TV, or reading the newspaper during your meal, you will be less mindful of how much you are eating.

4. Ask yourself if you are hungry before you eat. If the answer is no, do something else!

5. Plan low-calorie snacks and keep them in your kitchen. Fruits and raw cut vegetables are great snack choices.

6. Deliver yourself from temptation! It's hard to eat a bag of cookies if they are not in your pantry. Treat yourself to one portion or go out and split a dessert rather than making a batch of brownies.

7. Stay hydrated. Drink at least 6 to 8 eight-ounce glasses of water daily.