1. Fill ½ your tray with dishes comprised mostly of fruits and vegetables. The more colorful your plate, the wider variety of nutrients you’re consuming.

2. The soda may be unlimited, but your body’s tolerance isn’t. Hydrate with water, or nutrient-filled beverages like milk, or Gatorade. Drinking more water before and during your meal will also help you feel more full and less likely to overeat.

3. Dessert can wait! That slice of pie or soft serve machine might be calling your name as you get your entree, but wait until you’ve finished eating to think about dessert.

4. It may seem backwards, but remember that you can go back for seconds. Choosing smaller portions of a wider variety of foods (even with a second trip) leads to more balanced eating.

5. Be creative! Add salad bar vegetables to grilled sandwiches or entrees like macaroni and cheese—or turn your entree into a salad.

6. Explore your options! Look over the entire line or layout of food before starting. You’ll be more likely to choose smaller portions to save room for the other dishes you want.

7. Don’t deprive yourself! Craving French fries or another “must-have” food? Just grab a couple or a small portion to satisfy the craving without going overboard.

8. You don’t have to be a part of the “Clean Plate Club”. Sure, we don’t want food to go to waste, but if you get something you don’t like don’t feel like you have to finish it. Additionally, asking for smaller portions can also reduce waste.

9. Slow down! The average meal should take a person around 30 minutes to eat, which means about 10 chews per bite. Eating slower will give your stomach enough time to signal to your brain that you’re full and prevent overeating.

10. Don’t be a victim of portion distortion. Give yourself a hand with portion sizes and ask for smaller portions of high-calorie dishes. Using a smaller plate or bowl will also keep you from piling on everything that fits.

A guide to help show proportions in relation to daily requirements of ounces of meat or grains; cups of fruit, vegetables or milk.