

These tips are for party time....just in time for the Super Bowl.

Going to a party means one thing... food and lots of it!!! It is possible to stay on your eating plan even at a party. Here are some helpful hints:

1. **Scout out the scene before you dive in.** Do a lap around the table first and decide what you can't live without.
2. **Use a salad plate.** Research shows that people take **22 percent less** food when they use smaller dishes.
3. **Sit far away from the food.** The more you feast your eyes on the cookies, chips, cake, or wings the more likely you are to go back for seconds.
4. **Drink plenty of water.** Your body can mistake dehydration for hunger.

Have fun!!