



Dr. Baritz Holiday Eating Tips

1. **Drink water before your meal:** One way to eliminate overeating is with water. Water can help fill you up and has no calories.
2. **Don't fill your plate:** Studies have shown that people will eat whatever is on their plate, even if it's 10 bites after being full.
3. **Protein as a major portion:** Have lots of lean meat, fish or fowl and just a taste of stuffing, gravy and potatoes.
4. **Slow down:** Enjoy good conversation with others while you are eating. Put your fork down in between bites. You will find out food tastes better when you savor it and chew slowly.
5. **Wait an hour for dessert:** Let your food digest first, then have just small servings of desserts.
6. **Help your digestive stay on track:** Take digestive enzymes with each meal (we suggest two Multizyme).

When you are satisfied, STOP!

Yours for health naturally,

Dr B

www.baritzwellness.com

Forward to friends to sign up here for [Free Health Tips](#)

Click here to view our [Health Tips library](#)

These statements have not been evaluated by the Food & Drug Administration. Baritz Wellness Center products and services are not intended to diagnose, treat, cure or prevent any disease. Products and services are intended to support the normal physiological and biochemical processes of the human body.