

- Plain vegetables with a little dip or lower fat dressing
- Plain meat, eggs, beans and low fat cottage cheese
- Go light on the high fat cheese, creamy salads, croutons, bacon bits, nuts, and seeds
- Plain fresh bread is a great lower fat filler

**Choose...**

**Slow down!**  
*Check the selection before  
 you load up your plate.*



*The salad bar looks great!*

