

T5 GRAZING TIPS:

Tip 1: Follow Dr. Bill's rule of twos:

- Eat ½ as much
- Eat twice as often

Tip 2: Chew twice as long

The longer you chew, the better for you

Tip 3: Always partner carbs with protein, healthy fats, and or fiber

Tip 4: Use Chop sticks instead of a fork

Tip 5: Use smaller plates

Tip 6: Make a healthy snack grab box:

- Hard boiled eggs (2 per bag)
- Hummus and veggies or whole wheat pita chips
- Trail mix (1/4 servings)
- Edamame
- Celery sticks with single serving packets up nut butter
- Whole pieces of fruit