

## Healthy Eating Tip

Have you ever heard of the fork method? It is a simple and easy way to cut the hefty calories from your dressing without taking away the taste of your food. Take salad, for example. It is healthy with lots of vitamins and minerals. Plus, it is low-calorie – up until you pour 3 cups of ranch dressing over it! The next time you eat salad, try dipping your fork in the dressing before each bite instead. You will use less dressing overall, which will mean less added fat and calories in your meal. Plus, coating the dressing around your fork will make sure each bite of your salad has just the right taste!

