

Fast food and "Slow Food"

Grabbing food on the run is a common part of many Americans' daily routines. Now a new trend is debuting at the dinner table: "Slow Food."

The Slow Food movement puts an increased focus on the quality of food, the presentation of the meal and ambiance of the dining atmosphere. Experts are looking at the effect this trend is having on purchasing, preparation and service of food.

In this fast-paced society, we always strive to do things faster and get things quicker, but the slow food movement may offer a way to bring many people back to the joy of eating. Slowing down the meal and savoring each bite are also easy ways to help control your portion sizes and aid in weight management.