

SOCIAL EATER

You may struggle with a variety of people, places and events that tempt you to eat. You may find it difficult to say ‘no’ when offered food. You love to dine out and may often find you end up eating foods you had not planned to eat. You are committed to your weight loss goals, but you also don’t want to deprive yourself the pleasure of dining out, entertaining and spending time with others.

GOAL:
Balance the joy of eating with others, with healthy choices.

PRE-PLAN FOR SOCIAL SITUATIONS

Many people tend to eat more than they normally would in social situations. Although food is part of an occasion, it doesn’t have to be the focus. With the use of some helpful strategies, you can stay on track with your goals during social occasions and enjoy what is really important – time with your friends and family.

Pre-planning strategies for social situations

1. Make a plan based on your menu – talk to your Consultant about planning your meal out around your menu.
2. Make sure there are some healthy choices – bring along a free food dish to share if you are not the host.
3. Manage your portions – remember the size of your Jenny Craig meals.
4. Carefully choose your drinks – limit your intake of alcohol and soft drinks.
5. Survey the scene – be first in line or first to order so you’re not influenced by others’ choices and preview the options before making your choice.
6. Be a social butterfly – focus on the social aspects of the party rather than the food.
7. Stay in touch with your goal – ask yourself ‘How important is eating or drinking this to me’ and how will it affect your goal? Remind yourself that there will be plenty of parties and meals in the future so don’t let this one meal sway you from your goals.

MANAGING FOOD OFFERS & OPTIONS

Saying 'no' to food offers can be hard, especially if you're feeling good about your overall progress. It's also easier to rationalise a 'yes' if you're concerned that your 'no' will offend the other person. What do you do?

Weigh the pros and pros

Try weighing the pros and pros: What are the pros for accepting the food or drink offer versus the pros of declining the offer?

Now weigh up the pros of accepting against the pros of declining the offer. Considering your goals, how far you've come and how hard you've worked, which one is more important to you?

Accept... and practice moderation

This does not have to be an 'all or nothing' decision. Remember, moderation is the key! It is perfectly okay to accept the host's offer and request a small portion. Or accept, eat a small amount and leave the rest. Your host will be pleased that you are enjoying the food and you will not have any feelings of deprivation. Use the opportunity to practice your mindful eating skills – control the portion and savour the flavour of every bite.

Decline... and do it nicely

It's okay to say 'no' to an offer of food. In fact, when you practice saying 'no' to others, you begin to say 'yes' to yourself – to the choices that serve your interests and bring you closer to your goals. Keep your explanation short. There's no reason to share your personal goals unless you want to. Use the PRP technique below to help you manage these situations.

POLITE RESPONSE: 'Thanks for offering, your cake looks delicious!'

REASON FOR REFUSAL: 'Dinner was perfect, and I couldn't manage another bite.'

POLITE INVITE FOR SUPPORT: 'Thanks for the effort you've gone to. It looks so good but I'm really focused on my goals at the moment and I know you'll support me with that.'

DINING OUT

Use the dining out tips and strategies in the online Dining Out Guide to help you dine out in a sensible way while still reaching your goals.