

POLITE WAYS TO TURN DOWN FOOD

Have you ever gone to someone's house for dinner or to a party where the hostess is relentlessly trying to shove food down your throat?



I have.

Sometimes, this is a genuine effort on the part of the hostess to get everyone to enjoy the party and/or impress the guests with her culinary skills. That's ok, I totally respect that. It becomes an issue, however, when the person tries to get you to eat unhealthy or high fat foods that you have chosen to try and limit, whether to lose weight or simply to lead a healthier lifestyle.

I'll never forget the time I was literally made to feel like I was out of my mind for not wanting to eat nitrate-filled fatty pastrami covered in flaky pastry dough. While I could see my arteries harden just looking at it, when I tried to politely decline, the hostess got insulted, turned to her friend and said "She's, you know, a Nutritionist," with the word Nutritionist emphatically whispered like I had some God-forsaken disease. Well, that was many years ago, and I have since learned a thing or two about how to tactfully avoid eating what I feel is too unhealthy or too fattening without insulting the person attempting to feed me. I'd like to share these tips with you so you can feel empowered as opposed to guilty when confronted with these situations.

Here are some great responses for that pushy friend/hostess:

The STALL TACTIC: "I can't wait to try some in a few minutes." Since you are not exactly turning the person down, they feel that they've won and will drop the subject. You can use the stall tactic several times, if necessary, but hopefully you won't need to because your hostess will have moved on to her next victim.

The I'M SO FULL routine: "I wish that I hadn't eaten such a late lunch, but I'm stuffed." No one can refute your statement about being full, but if they are still persistent, then let them know that having one more bite may make you throw up :-& . Quite possibly on their beautiful new carpet. Ok, maybe that's a little harsh, but you get the point....and so will she.

The FOOD RESTRICTION Response: "Oh man, that looks good! Too bad my Doctor

says I can't have _____." Even the pushiest people are likely to back off when they hear you have a diet restriction. Especially if that restriction came from a Doctor. The trick is, if you say that you aren't eating gluten, for example, then don't reach for a bread roll. If you don't think you can be consistent, then just say you are looking into your chronic digestive issues and are avoiding foods that aren't completely natural, until you know what's going on. You can finish with "I know, crazy, right?"

SPREAD THE FOOD AROUND: This is for when someone actually puts food on your plate that you didn't want. Simply spread it around your plate to make it look like you took a few bites. Usually, nobody will notice, but if they do, and have the audacity to comment on it, refer back to the STALL TACTIC.

KILL THEM WITH KINDNESS: This one is for the passive aggressive comments such as "Oh my G-d, look at you, you've lost so much weight, soon you can hide behind a telephone pole!" or "Wow, you are always watching what you eat, I don't know how you do it," or my personal favorite "Come ON, one bite won't hurt you." Kill them with kindness by responding "Thank you for noticing the healthy changes I've been making. Your support means a lot." Even if their words weren't meant as a compliment, why not just take it that way?

If all else fails, you may have to find the nearest potted plant to toss the food into when nobody is looking. Noooo, I'm only kidding ☐ .

Keep in mind that a true friend will never sabotage your efforts but will help you along the way towards reaching your health and fitness goals!
