

DAY 17

EATING IN SOCIAL SITUATIONS



DAY 17

EATING IN SOCIAL SITUATIONS



I have had so many people tell me that they do well on the 21-Day Slimdown when they eat alone, with a friend or supportive family member.

However, it's much different in social situations. At parties, they are surrounded by food, and plenty of it. They find themselves standing next to tables loaded with snacks. They sit down for a large dinner to stare at heaping plates of food. Occasionally, they find themselves at dinner parties where the host insists they eat.

What should you do? Clearly there are going to be certain times (holidays, special occasions and vacations) where it is just fine to cheat. But you don't want to feel burdened by the pressure to overeat every time you are in a social setting. You want to know for sure you can stay in control, and wouldn't it be nice at the end of an evening to not have to make excuses to yourself about why you ate that piece of cake at the dinner party?



Learning to be a good social eater will pay off. If you're good at sticking to your program around people who want you to shed your discipline and cheat, then you'll be able to handle just about anything.

HOW TO FACE SOCIAL PRESSURE

If you're in a social situation, here are some ideas you can use to stay on your 21-Day Slimdown.

- 1 Don't go to a social event on an empty stomach.** It's smart to get in a well-balanced lean protein and starchy carb meal before a big event so you won't overeat the wrong foods. I even recommend that if you are going out in the evening and suspect you might be tempted by high-fat dishes at the restaurant, have a light meal beforehand. You won't be so hungry when you walk into the restaurant that you go overboard.
- 2 Don't go for the appetizers or hors d'oeuvres at a party.** It's rare to find foods like this that are low-fat. They are also finger foods. You can throw down a dozen high-fat appetizers throughout an evening and convince yourself you're doing nothing wrong because each appetizer is so small.
- 3 Don't study the high-fat foods and say, "Wow, that looks so delicious."** You're sending a message to your subconscious that you really want these foods, which means you'll probably eat them. Also, what you might not know is that many of our hunger impulses begin visually. They start with the eyes, not with the mouth. So in this case, out of sight is truly out of mind.
- 4 Take other defensive measures.** Make a point of keeping a glass of seltzer water or diet soda in your hands at all times.
- 5 Never, ever worry about turning down someone who wants you to try something.** All you need to say is, "Thanks, but I don't want any right now." You can use the same excuse when asked later, too. And there's always the great health excuse: "Oh, sorry, I'm allergic to dairy."
- 6 Be proud of the fact that you are different.** If other people give you a quizzical or slightly scornful look because you refuse food, it's because they want to justify their own social overeating. Don't let them draw you in.
- 7 Enjoy the party!**

Head straight for the bar and ask for a diet soda or sparkling water. It's always more difficult to eat when you have a drink in your hand.

YOUR DAY 17 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Four to six scrambled egg whites with vegetables and 1 cup of creamed rice cereal.
LUNCH	Chicken breast and rice is a simple and healthy meal.
SNACK	Try some sushi. Give yourself some variety and have three pieces of shrimp sushi, one tuna sashimi and one California roll (no avocado or mayonnaise on any of these).
DINNER	Try one of the many pizza recipes found in the Cooking Guide.
SNACK	Meal replacement drink.

YOUR DAY 17 WORKOUT

1. Are you ready to bump up again? Today, you're going to do fourteen 60-Second Workouts. Make sure to include stretches.
2. For extra credit, try a different light cardio activity.

EVENING PEP TALK

You can't eliminate all the negative people in your life who might envy what you're doing, but the fact is that most people have great admiration for those who hold fast to this program. So tonight, congratulate yourself. Take some pride in what you're doing, and vow to yourself that, starting tomorrow, you won't feel the slightest bit of embarrassment in social situations when you tell others about what the 21-Day Slimdown is doing for you. Tell them about the way you have fit proper eating and fitness into your lifestyle. Share the stories of your own success. I think you'll be astounded at the crowd that gathers around you.

As a matter of fact, I want you to go so far as to make sure others know how important you are to yourself! I'm not telling you to be arrogant and self-absorbed, but how you act determines how others react to you. To be important to others, you must think you're important. To gain the respect of others, you must first act as if you deserve respect. It's that simple. The more respect you have for yourself, the more respect others will have for you.

Slimdown Tip:

Making “Better Bad Choices”

My friend, the well-known Houston nutritionist Keith Klein, has invented a great phrase to describe another way to cheat. He calls it making “better bad choices.” These are foods that won’t get you leaner, but certainly will prevent you from getting much fatter. They are the foods you look for when you’re at a sporting event, movie theatre, or some place with a very fixed menu and almost all of it is high in fat. There are going to be times when you reach certain emotional states and you will come home and see food as a comfort. You know those days. You want a big helping of good old comfort food. This is when you need to have the right kinds of Better Bad Choices in your kitchen: sugar-free frozen treats instead of ice cream bars, dried fruit instead of candy, fat-free brownies instead of cookies, and baked potato chips instead of fried potato chips. If you’re going to cheat on potato chips, then at least cheat on the ones with the fewest calories. If you need a big dessert, look at items such as the Key Lime Pie and the Banana Pudding in the Cooking Guide. I guarantee you will have trouble telling they are low-fat!

