



## What to Do in Social Situations...

**GOING TO PARTIES** - I sometimes ask what's on the menu.

If it's not good, I bring your OWN FOOD as part of going!!! Call ahead and let them know. A good line is – I have food sensitivities. Period!

**GOING TO BRUNCH** - drink water then have the mimosa, skip the bread and bagels and yogurt and granola and have yourself some protein and leave the sweet tooth to the fruit. How you start the day is SO important. Choose eggs benedict over spinach and skip the hollandaise sauce or ask for it the side. ½ a pancake if you want it... to lower the glycemic index of the pancake add protein or a good fat like butter or peanut butter... and bring your own REAL maple syrup. I do it!

**THROWING A PARTY** - order what you like and order 1 dish of what you'd never eat but your guests will...people will appreciate the lighter fare. Trust me on that one!! Be the example.

**GOING OUT WITH FRIENDS** - you suggest the place. And if it ends up you go somewhere you've never been check out the menu online before you go so you know what you're up against.

**GOING TO THE RELATIVES** - set up boundaries ahead of time if need be. Family is tricky and comes with a host of emotions that don't often come up around friends. Tell them ahead of time you're bringing food if you need to. Don't leave it to chance there will be food there you can eat. For example – our Christmas tradition is Lasagna – so we make a pan with zucchini noodles for me!

**OFFICE PARTIES** - make your own rules and stick to them. Personally, speaking I do not eat sweets in the office. It's my rule. I save them for special occasions and I don't eat sweets at random times. It's usually reserved for special occasions knowing once I open up the flood gates and let processed sugar in. I've got to be on high alert and deal with cravings until they subside...up to 3-4 days later.

**TRAVELLING** - eat cut up fruit and raw veggies and salads and skip dressings. You need your food to give you energy because travelling is draining and dehydrating. Bring your own raw nuts and organic apples too and plan to drink plenty of filtered water. I love Smartwater or Evian when travelling...anything with minerals.

**VACATIONING**- Set up rules of what you'll do. I typically don't snack and only eat 3 meals/day and I will have dessert but not every day and not until I know I feel good enough eating out every night and my body isn't bloating. I also keep somewhat of a morning routine. I work out while I'm away and I bring digestive enzymes. Of course, I still have fun, I just don't make food or drinks my focus and I don't like to overindulge since I never let myself feel deprived when I'm not on vacation. See how that works?