

5 WAYS TO RESPOND TO FOOD PUSHERS

PICTURE THIS. YOU ARE AT A HOLIDAY PARTY. A FRIEND PUSHES A PIECE OF PIE INTO YOUR HANDS AND SAYS, "HAVE ANOTHER PIECE, IT'S A HOLIDAY AFTER ALL. YOU CAN AFFORD TO EAT MORE."

HOW DO YOU RESPOND?



HUMOR



Say, "No, thank you! I couldn't eat another piece! I'm starting to feel like the turkey—just a little too stuffed! Keep it light-hearted."

TEACHING MOMENTS



Hold up your hand and make a fist. Say, "Did you know this is the actual size of your stomach? It's amazing to think about how much we try to put in there!"

NO THANK YOU!



It's okay to say no. It's as simple as that. Too often, we are afraid to put down limits. Say "no" politely but with conviction. Practice when you are by yourself to make it come out effortlessly. Other people easily push past a wishy-washy no.

REASSURANCE



Remember that the comments people make are often a reflection of their own fears and insecurities. Offering reassurance may help to take the pressure and focus off of you. Say, "It sounds like you would like another piece. Go for it!"

DIVERT AND DEFLECT



Be sure to hand out a compliment, "The pie is fantastic! Do you have the recipe?" This can redirect the focus from eating to learning how to make it.

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