

A Simple Low Carb Life

Maneuvering Social Functions

MODULE 10-Video 2

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Maneuvering Social Events While Living Low Carb

Perhaps the most challenging activity for anyone living a low carb lifestyle or maintaining a fat-burning low carbohydrate way of eating, is managing social events. Frankly, social events with family are MUCH more difficult.

Let's review some strategies for how to politely decline tempting high carb foods offered by family or friends...

Families want us to always remain the same, no matter how dysfunctional that may be!

They see us as who we were, not necessarily who we ARE.

They will often challenge you on eating differently.

*“Oh, come on....one dessert (one drink, etc) won’t
kill you....”*

When facing FAMILY FUNCTIONS, we really need to have ready responses for these types of comments.

For example:

“No thank you... I’m good for now”
(sometimes this is all you need to say)

If they still persist:

- Take the plate or item offered.... (just don't eat it). *When you can, discreetly discard it.*
- If they push further for details or comment on why you aren't eating some high carb item...

Turn your response into a medical issue:

“My doctor wants me to reduce sugars, starches, and carbs to improve my blood pressure (cholesterol, sleep apnea, restless legs, energy level, etc)”

(Most people will stop pushing at this point).

If they persist further:

“Hey, I am trying to eat healthier so I can be around for my (children/husband/wife/grandchildren, etc.). It looks great though; thank you but no thanks. I’m good...”

The same strategies can apply in social settings where we are dealing with casual friends or work contacts.

Usually, politely declining by saying:

“I’m good, thank you” is all you need.

If they persist, go right to the medical reason response and you can add: *“[Sweets/alcohol/or whatever the item] doesn’t agree with me. Thank you though.”*

When offered alcohol specifically... same scenario.

Politely decline by saying *“no thank you”*.

If you encounter a really pushy co-worker, boss, or client regarding the alcohol, then take the drink, have a small sip, then leave it. *They will forget all about it as the event progresses.*

If they pressure you further, you can say that you are “full” or that “alcohol doesn’t agree with me” or whatever feels comfortable for you to say in your particular situation.

You are in control of what goes into your body.....

Decline politely and matter of factly then move onto another topic of conversation.

Stick with your low carbohydrate lifestyle and you may be surprised that others may follow your good example.

Like the advice that we give our children:

If someone is pushing you to do something contrary to your health and overall well-being, they do not have your best interests at heart. Unlike a child, as an adult you can say "no".

YEAH!!!!!!

You have just completed

MODULE 10-Video 2.

*Let's move on to the next **MODULE.***

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