

The Gift of Health – Q&A

- **I feel like if everyone else is eating, I have to eat, too. What do I do?**
- A: If you feel pressured to eat because everyone is eating around you, try eating your one plate of food a little slower. so you're still eating when everyone else is. Or, instead of eating if you're already full, try drinking a low or no calorie beverage so you are still participating in the eating and drinking without the extra calories.
- **What healthy dish can I bring?**
- A: I always default to a veggie tray. Bringing a fruit salad, a regular salad, or even steamed vegetables as a side are ideas, too. But, if that doesn't work for you, offer to bring a dish that you can use one of the substitutions we talked about, such as skimming the fat off the gravy, or a pumpkin-pie without the crust.