Eating With Others

Eating healthy with others can sometimes be difficult. Here are some tips:

- Focus on the conversation and those you are with. Tell yourself that you are there because of the company, not just the food.

- Take your time eating your food. Enjoy the taste, and savor every bite.

- Put your fork down in between every bite.

- Spend more time talking than eating.

- Drink lots of water with your meal.

- Let others know you are eating healthier. Ask for their support.

- Try eating a small, healthy snack before dining with other people so that you are not tempted to overeat.