Eat Well at Social Events

One of the greatest pleasures of eating is being able to share a meal with other people. Social events like family or work gatherings can be filled with unexpected high-calorie or unhealthy foods. Other challenges at social events include:

- Large portions
- Limited or no healthy choices
- Not knowing ingredients or how food was made
- Pressure from others
- Tempting food
- Wanting to be polite
- Wanting to join in
- Alcohol

It's important to think ahead and plan how to address these situations. To prepare for social events:

- Have a healthy snack before the event so you won't be too hungry.
- Tell the hosts about your eating plan. Ask them to support your efforts.
- Suggest some healthy choices or ask if you can bring something healthy.
- Practice saying: "No, thank you."

It helps to make the most of the healthy choices you have at social events. To eat well during social events:

- Survey your options and decide what you'd really like to eat. Take a moderate portion and enjoy!
- Ask about ingredients and how dishes were prepared.
- Eat the healthy dish you brought.
- Fill up on non-starchy veggies or a broth-based soup.
- Keep a glass of water in your hand.
- Say: "No, thank you."
- If a buffet is unavoidable, survey all the options before you decide what to take. Use a small plate.
- Tell other guests about your eating plan, and why you are following it.
- Set a limit on how many alcoholic beverages you will have and stick to it.

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