

How To Stay True to YOUR Body while Eating with others 4 Problems & Solutions

This worksheet was designed by Paige Schmidt ([Healthy Hits the Spot](#)) and Simi Botic ([The Micro Harvest](#)) especially for you! We are so grateful for you & we cannot wait to share all that we are working on for you!



Do you struggle to stay true to the way YOU eat when you're with your partner, family, or friends? Don't worry, you're not alone. We get questions about this all the time from both readers and clients: "how do I stay healthy when I eat with other people?" Or, "how am I supposed to eat healthy when my roommate/partner brings junk food home?" For good reasons, we feel like it's hard to stay true to the way we normally eat when we're surround by someone else's eating habits.

we have come up with **solutions** to the four biggest problems we hear about, so you can stay true to your body's wants/needs when eating with others. Read on to feel **empowered** the next time you're eating in a social situation:

1. Feeling uncomfortable/judged about your choice

Problem: A huge reason people don't eat what their body wants/needs is that they fear being judged by those around them. This makes total sense. People these days make so many comments about food: "this has too many calories," "this is too fattening," or "dessert? Oh, no... I can't. I'm being good tonight." It's no wonder we feel worried about what people will think of our choices.

Solution: The truth is, people often only comment on what they, or we, are eating because of their own issues with food. It's really not about you. It's about them. Remind yourself of this and practice saying "yes" to your body's wants and needs, and maybe you'll even encourage others to do the same!

2. Not wanting to disappoint

Problem: When we cook, we get to decide what to make. We're the ones putting in the work, right? Yes, but as the cook, we also want people to like our food, too. It would be disheartening to make a meal each night only to have someone complain about the food.

Solution: Have a conversation. Ask the person(s) you're eating with what they'd like to eat. Then, put your own spin on things. Stick to real, whole ingredients, and flavor foods with delicious spices. If you've got a picky eater on your hands, keep the seasonings simple (or off) and let each person season their own to the food. You can do this by keeping a tray of seasonings and sauces around. This way, everyone is happy and you can continue to enjoy cooking. If you're not the cook, you can have this same conversation with the chef.

3. Seeing eating-out as the "end-all" to your good choices

Problem: Eating out should be the easiest time for us to make feel-good choices, but somehow it's not. Most people view eating out as the "end-all" to their healthy choices for the day/week. It doesn't have to be the way. Look at it with this perspective: eating out is the perfect time to pick anything off the menu that you'd like to eat, while the person(s) that you're with can also choose whatever they'd like. Both people are happy! The most common reason we have found that people overeat when they dine-out is that they've deprived themselves earlier in the day/week.

Solution: Don't deprive yourself during the day. If you want something, have a little bit of it, enjoy it without guilt, and move on.

4. Moving too fast

Problem: Are you being mindful when you eat? Another common reason people struggle with overeating, or not listening to their body, is that they're moving too fast. They're not taking the time to slow down, think about what sounds good, and set aside time to *just eat*. Multitasking is no good when you eat: eating with distractions will leave you feeling unsatisfied (and wanting to dig into that junk food that your roommate/partner has in the house).

Solution: Eat a good combination of snacks and meals through the day to keep yourself from feeling famished, which is a big reason people don't slow down to eat mindfully. Take a break from doing anything else while you eat. Remember, having a meal is also an opportunity to take a break, rest, and rejuvenate. No body functions well without taking breaks.

We hope that these ideas will help you to enjoy, and feel more confident in, your choices when eating with other people! We love you guys!

XO, Your Coaches Paige & Simi