50 WAYS TO SAY NO THANK YOU PLEASE

When you’re trying to lose weight and be careful about what you eat, it can sometimes feel as if everyone is out to sabotage you. Nothing beats good manners in any situation. Here are 50 ways to say no thank you, without offending.

1. Bring a plate, even if you haven’t been asked to. Then you’ll have something you know you can eat, and you’ll appear thoughtful for not showing up empty handed.

2. If you’re offered something you’re worried might derail your healthy eating, decline politely – point out how fantastic it looks, but say that there’ll be more for others as a result of your going without.

3. If you’re at a restaurant and know that your dining partners will be ordering dessert, pop to the loo and grab a peppermint on the way back. You can’t appreciate dessert with the strong taste of peppermint in your mouth!

4. Work tea time treats can be hard to resist. If your workplace does regular morning teas, get into the habit of bringing a plate of healthy muffins, and offering to share the recipe. Why not convert your colleagues to healthier ways?

5. If someone gives you a box of chocolates as a gift, they probably don’t expect you to open them right away. Thank them profusely, and let them know how much your family will enjoy them.

6. If you’re going out for drinks, buy the first round, get yourself something non-alcoholic such as a lime and soda, and nurse it for as long as possible.

7. Decline an alcoholic drink with the excuse that you’ve got a big day the next day, or an early start the next morning.

8. You don’t need to lie about having a food intolerance, but you can always say that a particular food doesn’t agree with you – for example, “I like cream, but it
doesn’t seem to like me much” is a suitably vague (but perfectly acceptable) way to turn down an unhealthy treat.

9. Say that you’re too full to eat any more: “I’d really love some dessert, but I couldn’t find space for another morsel after that delicious meal.”

10. Change the subject. Don’t get into a discussion about why you don’t want second helpings or dessert. Ask your dining companions about their recent holiday, new job, or weekend plans.

11. If you’re going out to a restaurant, do some research beforehand and track down some places that offer healthy choices.

12. If you’re faced with a large buffet at someone’s home, ask your host what their favorite dish is and help yourself to a serve of it, so you don’t get overwhelmed and load your plate with everything in sight.

13. Going out with the girls for a night of cocktails? Offer to be the designated driver.

14. When the nibble tray is put out before dinner, pass with the excuse that you’re saving your appetite for the main event.

15. If you know you’re going to be faced with unhealthy choices at a function or party, fill up on your healthy favourites at home beforehand. Then you can honestly say to your hosts, “I didn’t realise we were having your famous XXX, or I wouldn’t have had that late breakfast. I’ll make sure to leave space next time.”

16. Be positive about your new healthy eating habits. It’s easier to decline treats if you can say that your efforts to eat more vegetables and less fat and sugar are making you feel fantastic!

17. If you find yourself invited to a gathering that’s bound to involve unhealthy food – such as meeting friends at the local coffee shop, where you’d normally have cake or biscuits – say that you’re really looking forward to catching up, but you’ll probably skip the treats because you’re cutting down on sugar.
Instead of saying “I’m on a diet,” simply say that you’re trying to improve your eating so that you’ve got more energy and better overall health. “Diet” is a loaded word, and may provoke a reaction from some people – “why are you on a diet, diets are awful!” – but framing your efforts in the context of your overall health is less likely to incite this kind of response.

It’s OK to politely turn something down on the basis that you don’t like a particular food – for example, “those look lovely, but they’d be totally wasted on me, because unfortunately I’m not a huge fan of olives!”

If you don’t want to offend someone by not taking a piece of their homemade cake or pie, just ask if you can take a piece away with you – you could tell them that you’re too full to eat it right now, but it looks so wonderful, you’d love to have a piece later when you’ve got the stomach space to appreciate it.

If you don’t want to feel like the odd one out by saying no to foods that might derail your healthy eating, inspire everyone around you to be healthy instead! Volunteer to organise a healthy morning tea at work, or throw a picnic and ask everyone to bring their favourite healthy dish.

If you’re really concerned about not being able to say no at a particular gathering or function, put yourself out of temptation’s way and don’t attend.

Always be positive when you say no. Smile, say thank you, and explain that you’re feeling so great about your new healthy lifestyle and doing so well, you’re really committed to staying on track, and don’t want to risk falling back into bad habits.

While you might feel conspicuous if you’re not tucking into the pre-dinner cheese plate or after-dinner chocolates, don’t stress – those around you probably aren’t paying half as much attention to what you’re eating as you are! Don’t feel that you have to draw attention to your new eating habits by apologising for them – if no one asks, you don’t need to tell them that you’re trying to lose weight.

If you’re really self-conscious about declining a treat, just say that you’ve had
a sensitive stomach for the past few days and don’t want to aggravate it.

26. If someone insists upon wrapping up dessert for you, just accept it. You can throw it away or give to a family member when you get home.

27. At a buffet party, ask for a smaller plate so you can watch your portion sizes.

28. Also for a buffet party, only take food from every fifth dish. That way, you are still getting a variety of food, but you do not taste everything.

29. Another buffet party tip: Think of your plate as a clock, and fill the space between noon and 6pm with vegetables only. If someone remarks about your plate being half full with veggies, just exclaim “I love vegetables so much!”

30. Don’t stand near food. If everyone is mingling by the appetizers, remark that your feet hurt from exercising and find a place to sit away from the food.

31. If you’re concerned about overindulging, eat a healthy snack before you arrive at the event. Then you can honestly say “No thanks, I am still full from my snack earlier today!”

32. Before your event, research which beers or spirits are the lowest in calories, so you know what to order before you arrive. That way, you won’t look rude by not partaking but you’ll know what choices to make!

33. If served with a full plate of food, ask for a box or bag, and put half of it away. Be sure to say “This will be perfect for my lunch tomorrow!” so people know you’ll be enjoying the food later.

34. If eating out with girlfriends, suggest ordering one dessert to split, instead of each of you ordering your own. Then, just have a spoonful or two.

35. If you’re trying to avoid drinking alcohol, ask for a tall glass of water instead and tell your friends that you’re still so thirsty from your workout!
Similarly, bring your own water bottle to the event (if appropriate) and sip on it throughout the event. Again, if anyone remarks, just tell them how thirsty you are from your workout earlier that day.

If someone insists you try a food, use a disposable spoon to take a taste, and then immediately throw the spoon away. Be sure to tell the person how delicious the food was!

If someone passes you the bread basket, say you don’t want to fill up on bread and are saving for the main course. Then pass the basket to the next guest.

Instead of saying no, simply say “That looks delicious – I will try it as soon as my food digests!” And then conveniently forget.

If the temptations of the food or drink are just too much, leave the party early, thanking the host/hostess and remarking that you have to get to bed early for a morning work-out or appointment.

If a party guest keeps insisting that you eat or drink more than you’re comfortable, kindly thank him for his interest and walk away to a more positive surrounding.

If someone is mixing drinks at the party, insist that you mix your own by saying “I love mixing drinks too!” That way, you can be in control of the amount of alcohol poured into your cup.

If you’re enjoying a mixed drink, when your glass is half full, go back to the bar and fill it up with the non-alcoholic portion of your drink. That way, it looks like you’re still enjoying a beverage, but you’re not filling up on high-calorie alcohol.

If someone asks if you want a refill on your drink, say “No thanks! I am still enjoying this one!” or “No thanks! But if I get thirsty, I will let you know!”
If you want to talk to a friend but she’s standing near tasty treats, say “These XXX are just too tempting. How about we move to the living room so I don’t give in to temptation!”

If you’re served dessert at sit-down dinner event, ask for it to be wrapped up immediately. “I would love to eat this dessert, but I just can’t right now!” Or take a bite, push the plate away and exclaim “That’s it! I am officially going to burst!”

If you’re at an event where there’s a champagne toast, ask for a champagne glass full of water and tell your friends that champagne gives you a riotous headache.

If you’re attending a sit-down dinner, ask your host in advance if a vegetarian or Kosher meal will be offered and if you can order it. That way, you are more likely to get food you can enjoy without worrying about appearing rude by not eating your meal.

Know where your weaknesses are and share with the party goers: “Okay, everyone, that chocolate cake over there is my biggest weakness and I need everyone’s help in NOT eating it!”

If you want something, but not the whole portion, ask a friend: “I would love this muffin. Would you care to split it with me?” Most people will say yes!