

# HOW TO SOCIALIZE AND STILL EAT WELL

## SOCIAL MEALS ARE IMPORTANT TO YOUR WELLBEING

Social meals connect us with others and are an important part of total wellness. They can lead to tricky food decisions but simply avoiding them isn't a good idea.



## FOCUS ON EATING WHAT YOU KNOW WILL BE GOOD FOR YOU, FIRST



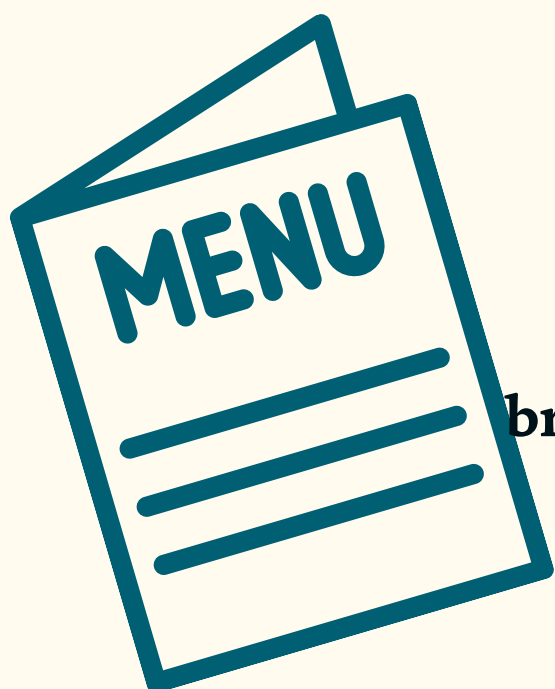
Filling up on lean(er) proteins and making sure you're eating lots of fruit and veggies helps you avoid making less helpful decisions due to hunger.

## EAT FOODS YOU KNOW YOU REALLY LOVE

Don't deprive yourself! You can eat what you really enjoy without getting sucked into the things you really don't. Say no to pressure from others to eat something just for the sake of eating it.



## PLAN AHEAD



Plan ahead by looking at menus, bringing a dish you feel comfortable eating, and eating well during the day when you know you have big social events coming up.