

## EXCUSES

(For eating too much, or eating the foods that make you fat)

- I LIKE IT
- I CAN'T REFUSE IT
- I ALWAYS EAT IT
- IT'S THE ONLY FOOD OFFERED
- IT'S THE ONLY FOOD I CAN AFFORD
- I DON'T HAVE TIME TO FIX ANYTHING ELSE
- IT'S GOOD FOR ME

Decide to SAY:      **NO THANK YOU!!!**

MAKE YOUR LIST OF NO THANK YOU'S (a few suggestions)

No Thank you, "My stomach is upset"  
No Thank you, "I'm too full."  
No Thank you, "I have high cholesterol."  
No Thank you, "I am a borderline diabetic."  
No Thank you, "I have high blood pressure"  
No Thank you, "My Doctor says I must lose weight"  
No Thank you, "I'm not hungry."  
No Thank you, "I've already eaten"

It is best to say these firmly, but politely.  
If you say them tentatively, people will try to tempt you to eat.

**Or say to yourself,**

"I choose not to eat that because I don't want to be fat."  
"I choose not to eat that because I want to feel comfortable."  
"I choose not to eat that because I want to look great."