

What About Home

Are you a victim of your environment? Or are there ways you can change your environment to adapt to your needs? Obviously there are some things you can't change – at least not right away.

If you live near the best bakery in town, you can't just pick up and move because you have a temptation right around the corner. You can plan your itinerary so that you don't pass the bakery every day.

If your husband loves to eat ice cream every night, you can't ask him to change his behavior to suit your needs ... or can you? You certainly can ask him to eat in another room, or excuse yourself and go to your bedroom while he indulges in his snack.

What About the Workplace?

Treat your office like your home. Designate a place where you can eat – probably at your desk – and make it clear to yourself that this is the only place where eating is allowed. If you are brown bagging it, plan ahead and make sure you include foods in your lunch that will tide you through the work day.

If you go out for lunch, do some investigating first. Visit the restaurants websites and examine their menus. Which ones offer low calorie selections? Beware of calorie counter lunches that offer chicken salad, tuna salad or seafood salad that may be loaded with hidden fat.

What About Ordering In?

What if everybody decided to order a pizza and asked you to join in? Well, there are two ways you can handle that situation with ease. First, it's okay to order pizza with your coworkers if you put in a request for plain pizza (or extra veggies). When the pizza arrives, take two pieces of pizza, walk back to your desk and eat them slowly. When the pizza on your plate is finished – your lunch is finished – even if there are leftovers that are offered to you.

If you know you can't handle the pizza challenge, tell your coworkers that you are meeting a friend for lunch and head out the door to one of your usual lunchtime eating places. Then you have removed yourself from the temptation. Make sure that you order something satisfying for lunch, something you really enjoy, so that you don't feel deprived when you return to the office. Tell yourself when you are finished that you are full and that you will not eat pizza when you return to your desk.

On the way back to your office, stop at a fruit stand and buy yourself a fresh orange or apple to munch on at your desk. If your coworkers offer you pizza when you return, you are prepared to give the thin person's answer "no thanks, I'm full." And you will discover it's really true!