

Handling Buffets and Receptions

Imagine that you are at a buffet-style party. There are many low- and high-calorie foods to choose from. Everyone is standing, mostly near the table of food and drinks.

1. Set a reasonable calorie and fat gram goal for this meal for yourself. Explain why you chose it.
2. Practice standing at a distance from the buffet table.
3. Practice “buffet tips.” Examples: Survey the scene. Decide how to approach it. Use the smaller plate. Fill up with lower-calorie items first. Eat the best and leave the rest.
4. Practice eating slowly and “mindfully,” tasting and enjoying each item.
5. Focus on non-food aspects (such as background music, conversation).
6. Role play ordering a low-calorie drink from a bartender.
7. Practice “nursing” a drink.
8. State some negative thoughts you have at buffets/receptions. Examples: “My plate is empty. This is a dumb party. I wish I had more food.” Practice talking back.
9. Role play responding to a waiter who brings a tray of high-calorie appetizers. Role play talking to a friend nearby who insists you have some.

