

# LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson

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## WHAT'S THE ETIQUETTE FOR SAYING "NO" TO EATING SABOTEURS?

We're eating healthy, making big efforts to change our habits and feeling great! Yet, there are invariably those who feel the need to tell us, "ONE BITE WON'T HURT".

We always intend to stick to our new eating plan and it would probably be so much easier if we didn't have to live with "foodies" in the real world of celebrations, dinner parties, special events and restaurants. Most of the time being prepared with a "game plan" allows us to relax and enjoy our function.

We focus on the foods we CAN eat and enjoy and make a firm decision not to eat what we CANNOT have. So, what if a relative or good friend (or "not so good" friend) offers us some high-calorie dish, and then whines, "I made it just for you" or "I made it especially for your Birthday"? We don't want to hurt anyone's feelings but we don't want to give in either knowing that "one bite may very well become many more bites". And then...who knows what else we will eat?

There are a few types of Saboteurs:

- **NURTERERS** are those for whom food represents love and nurturing. They can't imagine why we would choose to live in a world without "comfort foods".
- **PEOPLE PLEASERS** can't help themselves! Their only way to feel needed is by bringing goodies (usually food). It becomes their identifying trait. Making that impression is important and shows that their insecurity is about being liked and not about pleasing people!

- **CONTROL SABOTEURS** want to dominate anything they may feel envious of. As we're losing weight, they feel guilty they aren't doing the same. While they're indulging they have no self-control so they want to control us by imposing their eating behaviors on us. If they get us to eat like them their consciences won't bother them. It's their greatest control!

Remember that "misery loves company." So how do we gently say, "NO"?

### Instead of saving...

*"I'm trying to eat better."*

*"I can't eat that."*

*"I'm watching my weight."*

*"It's not on my food plan."*

*"I told you I'm on a diet!"*

### Try Saving...

*"Thanks, I'm going to pass for now."*

*"Thank you. Maybe I'll have something later."*

*"Thanks, I'm full. Everything was great."*

*None for me, thanks. I'm fine."*

*"I've had plenty; it was delicious. I'll just have coffee for des-*

Basically, saboteurs are in everyone's life. Try to recognize when they are gearing up to convince or persuade you to just listen to them "this time". Don't let them make you feel guilty, it's not about them, it's about the food (only food).

In a "Civilian Eating World" people don't comment, scrutinize or even care what others are eating. It's only when we want to change how we eat that everyone seems to want to give their opinion of what they think of the new program.

Positively refusing or just not engaging in the discussion will ward off their commentaries. They feed off the control they gain over us and once they see we can't be manipulated they will stop.

## IMAGINE..

**"More die in the United States of too much food than of too little."**

~ John Kenneth Galbraith



## ONION RINGS

### INGREDIENTS:

1 Tablespoon olive oil  
1 whole egg, 1 egg white  
1 large Spanish onion, sliced ¼ inch slices; separated into rings  
½ cup non-fat Powdered Milk  
1 teaspoon Cajun Creole Spice  
2 teaspoons Garlic Powder  
1 teaspoon Onion Powder  
1/8 cup Chili Powder  
1 teaspoon ground black pepper  
1/8 cup Paprika



### DIRECTIONS:

Preheat oven to bake to 350° degrees  
Spread oil on cookie sheet

*\* Note - you may have to add a little oil if you are making multiple batches of onion rings.*

Beat the egg and white until foamy in a large bowl. Add sliced onions and let them soak in egg mixture until ready for coating. Mix all the dry ingredients in mixing bowl. Wisk the dry ingredients until blended.

*\*Note: you can adjust the flavor by adding or subtracting seasonings.*

### Here we go:

Dip egg-coated onion rings into powder mixture, put on a thick coating to make it more crispy.

Place the coated onion rings on the cookie sheet side by side (1 layer)

Bake until bottom begins to brown (approx. 13 minutes) then turn the onion rings over and brown for another 10 minutes or until golden brown.

*\*Note: since all ovens cook differently, cooking times make differ. Watch onion rings so they don't burn.*

## JUST SAY NO!

Unscramble each of the clue words from front page article. Copy the letters in the numbered cells to other cells with the same number to read the message!



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## Linda Says...

### FIVESON'S FOOD!

*Tastes absolutely fabulous!*

**FREE of gluten, sugar, flour and preservatives!**

*Formulated from my "own" personal recipes since 1989*

CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...

**Over 100 menu choices! New items added often!**

**OPEN 6 DAYS A WEEK**

**DELIVERY AVAILABLE - CALL FOR HOURS AND ORDER SHEETS.**

"When others entice you, don't give in.. Stay focused on your food plan and \_\_\_\_\_ being thin!"

Do you have a question or suggestion?  
A personal strategy that you use?  
Please let us know—we'll consider it for a future edition!  
You may send an email to:

**[lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)**