



Ways to say No Thank you!

Sugar is so part of our culture and is linked to celebration, commiseration and socialising that saying no can be a real issue when we are just starting out and are creating new habits.

Here are some ways to say no!

No thank you I'm full (for example after a meal).

No thank you, I've just eaten (for example if you call in to see someone and they get the biscuits out).

No thank you but I bought something yummy to share with you (take your own sugar-free snack/pudding).

No thank you I'm working on being sugar-free at the moment because... (I find if you add 'at the moment' people are less freaked out).

No thank you I find that eating sugar mid afternoon (substitute time) makes me feel sleepy/anxious/hungrier later.

No thank you, I'm trying to lose a little weight but I've bought some fresh pineapple to share.

No thank you, I have discovered I feel so much better since cutting out sugar most of the time.

No thank you, do you know my arthritis (substitute pain) is so much better now I don't eat sugar.