



Social events

Your social environment is formed by friends, family and work colleagues. These people can influence your behaviour. This can happen consciously or subconsciously. Their influence can be detrimental if it causes you to make unhealthy choices. However, your social environment can also have a positive influence if these people are supportive of your desire to lead a healthy lifestyle. Tell the people in your environment what you are working on and how serious this attempt to learn a new, healthy lifestyle is. If you're invited to a party, you can ask them to have tasty, responsible snacks on the table or tell them you'll bring a contribution for the table yourself. If a colleague treats everyone to cake, ask them to respond positively when you say no instead of "please eat with us".

'There are no mistakes in life, only lessons'

Don't feel guilty if the temptation was too strong this time. Don't think about it too long and don't think "there is no use to continuing this healthy lifestyle anymore". This creates a negative spiral and then the brake is completely off. Just think of everything that has gone well so far! If you have chosen to eat cake for instance, try and analyse who, when or what situation caused that unhealthy choice to be made. Then prepare an alternative in case such a situation occurs again.

Tips for special occasions

Try to follow the meal plans as closely as possible during the first four weeks. The body needs time to get used to the new way of eating. When there is a new balance and the results are good, a conscious choice can be made for a treat. This can be a small piece of cake or a savoury snack. Agree about this with the coach and adjust the goal together if necessary. Even after the BenFit programme, you will have to be able to make conscious choices at parties and birthdays. Your coach can help to deal with this in a smart way.





If you're invited to a party or event, it's helpful to think in advance about the choices you are going to make. For example, a piece of cake or a few tasty snacks. Don't choose everything, enjoy in moderation! And choose something that is really very tasty, then the choice is worth it. Never eat anything because the environment insists.

'Don't say yes if you really want to say no.'

Invited to an evening event? A good idea is to eat a healthy and filling meal at home before you go. With a full stomach, you'll have less of an appetite' which reduces the risk of too much snacking.

If necessary, ask the host if they can also put some healthy snacks on the table, such as carrots, cucumbers, peppers, radishes or cherry tomatoes. Optional: with a lean dip sauce based on low-fat yoghurt.

When eating in a restaurant, ask the waiter to serve the sauce separately. That way you can determine a healthy amount yourself. Avoid fried products. A piece of lean meat or fish with vegetables can do no harm. Don't order several courses, just one main course or two starters. Finally, don't forget that in 2.5 hours, there will be another mealtime. Drink coffee or tea for dessert and enjoy the fun!





20 Party snacks

Make your own healthy snacks?

Try the following recipes:

- Boiled egg with smoked meat
- Asparagus wrapped in ham
- Melon wrapped in ham
- Whole-wheat wraps with chicken and dairy spread with herbs
- Whole-wheat wraps with smoked salmon, cottage cheese and arugula
- Egg wraps with chives and dairy spread
- Multigrain toast with homemade tuna salad or smoked salmon
- Bruschetta's
- Roasted nut mix
- Olives
- Chicory shells with shrimp salad
- Herring on toastes bread with apple
- Eel on a toasted bread with of cucumber
- Courgette rolls, filled with Parma ham and cream cheese
- Roasted chickpeas
- Tzatziki-dip with raw vegetables
- Humus dip with raw vegetables
- Baba ganoush (eggplant dip) with raw vegetables
- Skewers of grilled prawns with horseradish and yoghurt dressing
- Antipasti prickers: with raw ham, olives, mozzarella, bell pepper and cherry tomato

