

Avoid known trigger foods. This can be tricky when everything looks delicious, but this may not be the time to take chances.



Bring a dish to pass, or a snack pack. Bring a dish that you enjoy and is well-tolerated.

Don't go hungry. Avoid 'saving your appetite' for the meal ahead to avoid over-eating. Have a small meal before an event.

Practice mindfulness of portion sizes. Start with small portions and allow yourself time to see how you feel before going back for seconds.

