

How do I talk to people about food?

SITUATION: MEDIUM DISCLOSURE

Summer dinner parties can be a great time to see friends and family. However, sometimes dinner parties have foods that you may not be able to eat yet or already know that you cannot eat. You do not want to eat the food the person is serving and you also do not know if the host knows you have an ostomy or not. What do you say?

Suggestion:

"Thank you so much for inviting me. After my surgery I'm still figuring out the foods that make me feel best, so I ate before I came. Everything looks delicious!"

Or if the host asks why you did not try a certain food at the party:

"It all looks delicious. I know that (these foods) make me feel best, so I'm going to stick with the foods that I know I can eat for now."

Saying "no" to Food

Some people were embarrassed when they couldn't eat the same food everyone else is eating. It's hard to say "no" whenever someone offers you food. Some family members helped the person explain to others that they can't eat certain foods because of their ostomy. For example, one family member explained it by saying, **"Please don't take offense. She doesn't eat these things. It's not your cooking."**