

An overhead view of a dining table with several people seated around it. The table is set with various dishes, including a large green plate with a raspberry-topped cake, a blue plate with a raspberry-topped cake, a bowl of yellow potatoes, a cup of coffee, and a small bowl of fruit. A person in a pink shirt is leaning over the table, and another person in a blue shirt is visible on the right. The background is a dark wooden table with various dining items.

WHAT TO SAY IN SOCIAL SITUATIONS

How to Speak Confidently
About Your Food Preferences

What to Say in Social Situations

WHEN PEOPLE SAY...

Another diet?? Really? What do you think will be different this time?

Your reply:

"Well, the keto food lifestyle isn't really a diet as such. It's a way of eating that creates a metabolic process in the body, so it burns fat for fuel instead of sugar/carbs as it otherwise mostly does. It also helps reduce inflammation that creates swelling, heaviness, and pain when you have the leg condition I have. My body overly produces fat and inflammation that can be very uncomfortable and painful, and this way of eating helps minimize my swelling, pain, and heaviness and helps slow down the progression of it! So I'd really love your support when I say no to certain food. It is really not to be difficult. I just want to feel as good as I can in my legs. And eating this way helps."

"Ah, common, live a little! A slice of cake won't hurt you!"

Your reply:

I appreciate your enthusiasm for cake, but I have lipedema and sugar, and gluten - and a lot of carbs - trigger inflammation and worsen my symptoms. So while a slice of cake might be a tasty treat and something that most feel is a way to 'live a little,' for me, it can make my legs go kinda crazy - so eating it actually makes me feel the opposite of 'living a little.' I feel really good about how I live and eat!

"Don't be so fanatic. Live a little!"

Your reply:

I understand that it might seem like I'm being overly strict with my food choices. But I have lipedema, and the foods I eat make all the difference for me: It's kinda like having an allergy. - My legs can swell, be in pain or feel like heavy elephants if I am not careful with my food choices. So I'm really not being fanatic - but eating foods that are bad for my condition actually makes me feel the opposite of 'living a little.' I feel really good about how I live and eat!

"I really don't understand how you can eat all that fat! Isn't that bad for you if you want to lose fat?"

Your reply:

I totally understand why the idea of eating more fat when trying to lose body fat and avoid getting more of it is confusing. But when you have lipedema, as I do, and eat healthy fats and very few carbs, your body burns fat for fuel instead of carbs, which is brilliant when you have lipedema and helps prevent progression of it. Eating healthy fats also reduce inflammation, which you really want to do when you have lipedema because that is a big part of what creates swelling, pain, and heaviness.

"But carbs are healthy!"

Your reply:

Some carbs are definitely healthy for us, but when it comes to managing lipedema, we need to be very careful about the amount of carbs we eat. We need to help our bodies burn fat for fuel instead of carbs/sugar and help it reduce inflammation. And eating very few carbs and of the kinds that are good for us is one of the best ways to do it! So eating only a minimal amount of carbs is actually a kind of medicine when you have lipedema!

"But you don't have energy if you don't eat carbs!"

Your reply:

It's true that carbs are often portrayed as the body's primary source of energy. But when you eat very few carbs and eat more healthy fat instead, as I do, then your body is actually burning fat for fuel instead of carbs! Once you get used to it, you will actually have more - and more stable - energy throughout the day, and you rarely experience energy crashes. So it really doesn't give you less energy to eat this way! Just the opposite!

"But what about your cholesterol?"

Your reply:

I can understand why you might be concerned about cholesterol when someone eats a lot of fat as I do. However, it's important to note that not all fats are created equal, and consuming healthy fats like avocado, nuts, and olive oil can actually improve the good cholesterol levels and overall heart health. Also, when you only eat very few carbs, as I do, you actually get better cholesterol levels when eating a generous amount of healthy fats!

"Fat is wildly unhealthy! Aren't you afraid of your heart?"

Your reply:

Not all fats are created equal, and consuming healthy fats like avocado, nuts, and olive oil can actually improve heart health and overall health. Many people who follow a keto way of eating, as I do, actually see improvements in their heart health markers, such as blood pressure and cholesterol levels.

