The Pinocchio Syndrome...when you lie about your diet!

Have you ever noticed how the more you lie to yourself about what you’re eating, the wider your waistline grows? Maybe you are suffering from the Pinocchio Syndrome. Just like Pinocchio, the consequences of your lying will soon become apparent. Here are some common dieting fibs:

- **I WILL START TOMORROW.** Replace this with “I’ll start right now.” Your conflict will disappear and so will the guilt. A successful diet is an eating style for life...and doesn’t begin tomorrow.

- **I SKIPPED LUNCH SO IT’S OKAY TO EAT DESSERT.** No calorie counter ever printed says three ounces of fish or chicken is equal to a huge dish of ice cream and you know it...Eat your three meals a day and include a small dessert or a small snack. You’ll have no excuse to overeat unnecessary foods.

- **IT’S A HOLIDAY, SO I CAN SPLURGE.** Holidays, birthdays, and anniversaries are occasions to celebrate, but overeating isn’t the way to have a good time. Be really good to yourself on special days and find worthy ways to celebrate.

- **I AM BUYING THIS FOR MY FAMILY.** Keeping tempting foods in the house is a sure was to undermine your diet. If family members insist on eating fatty or sugary foods, make them indulge on the outside in their own time. And then keep your grocery cart free from dangerous foods.

- **MY SCALE IS CRAZY.** Most people’s weight does fluctuate from day to day. But if your scale is consistently weighing you in on the high side, and your jeans are consistently tight, it’s time you faced reality. There’s nothing wrong with your scale.

- **I AM ONLY EATING FRUIT AND VEGGIES.** Vegetarian diets are great providing you don’t drench the salads in fattening dressings. Fruit juices, too, are laden with calories and sugar. Just because you drink something, don’t think it doesn’t count. It all adds up.

- **I HAVE BEEN SO GOOD, I DESERVE TO CHEAT A LITTLE.** What you are really saying is, “I’ve succeeded so now it’s time to fail.” That just doesn’t make any sense. You’re just being a Pinocchio.
I HARDLY TOUCHED MY DINNER. This lie usually lands you in front of the fridge with spoon in hand, wolfing down a pint of ice cream or leftovers. After dinner snacking is as just as fattening while standing as it is sitting down.

I’LL JUST TASTE A LITTLE BIT. Every time you tell yourself this one, think of the old potato chip commercial, “Betcha can’t eat just one.”

I’VE ALREADY BLOWN IT SO I MIGHT AS WELL HAVE WHATEVER I WANT. And then we tell ourselves we will start again in the morning. Wish this reasoning, a 265 calorie bagel and cream cheese mistake at breakfast may very well turn into a 4,000 day. Don’t give up. Get back on track at your next meal. Don’t wait til the next day.

I JUST LOOK AT FOOD AND GAIN WEIGHT. Even Pinocchio would blush if he heard this lie. Keep a written record of what you eat. You’ll be surprised to learn how much of what you’re just looking at winds up in your mouth!!!

I HAVE A SLOW METABOLISM. Unless it’s been diagnosed by a doctor, this untruth rationalizes naughty behavior. If you’re really concerned about your metabolism, see a specialist. And you can always rely on exercise to increase your metabolism if you really think this is the problem.

I DON’T UNDERSTAND WHY I’M NOT LOSING. This lie would increase Pinocchio’s nose by three inches. The plain and simple truth is, if you’re not losing weight it’s because you’re eating more calories than your body is burning off. Instead of making excuses, perhaps your best bet would be to really examine what you’re doing, or NOT doing, and make a few adjustments. Stop playing games and lying to yourself and others. Start being honest with yourself and figure out what you want...If you’re true to yourself, the TOPS scale will be true to you.