

Say It Another Way

1. **"I've put on some weight."**
 - a. "I have gained some weight."
 - b. "I have gotten heavier."

2. **"I guess you could lose a few pounds."**
 - a. "I guess you could slim down a bit."
 - b. "I guess you could lose a little weight."

3. **"Most people really slim down."**
 - a. "Most people really drop some pounds."
 - b. "Most people really become thinner."

4. **"It's not like I'm obese or anything."**
 - a. "It's not like I'm extremely overweight or anything."
 - b. "It's not like I'm really fat or anything."

5. **"Get into the habit of asking for a doggie bag."**
 - a. "Get used to asking the waitress to wrap up your meal."
 - b. "Get into the habit of asking to take some of your food home."

6. **"I need to be more careful about ingredients."**
 - a. "I need to watch out for what's in my food."
 - b. "I need to pay more attention to contents of my food."

7. **"I need to be more careful about reading labels."**
 - a. "I need to check out the nutrition facts more often."

8. "I need to be more careful about checking for preservatives."

a. "I need to be more careful about checking for artificial additives."