

In good health

DECEMBER NEWSLETTER

The festive season is well and truly here, so you're probably fielding the invites to partake in champagne and chip-soaked-soirees.

Follow our guide below to maintain your health – as well as your waistline – during the silly season.

Ashleigh Jones, an Accredited Practising Dietician specialising in weight loss and diabetes, suggests keeping an eye on your alcohol intake, which can significantly lower your defences to 'naughty' foods.

"Remember liquid calories are still calories. Each 150mL glass of wine provides around 100 calories and significantly reduces your ability to say no to snack foods and large portions."

Sally Symonds, author, personal trainer and wellness coach, has another suggestion:

"If you are going to drink, try for lower calorie options such as Vodka, Lime and Soda or Gin and Tonic."

Sally also has some healthy hors d'oeuvres suggestions if you're doing the rounds of Christmas parties:

- Melon slices wrapped in low fat ham/prosciutto with a dollop of low fat natural yoghurt on top.
- Low-fat paté and vegetable sticks.
- Pitted prunes stuffed with walnuts.
- **Vegetable dips:** Carrots/cucumber/fresh green beans/broccoli/cauliflower florets served with a dip of low fat hummus, low fat beetroot dip or tomato salsa. Add natural yoghurt to the beetroot dip or salsa to increase the protein component.
- **Bruschetta Crumble:** Mix 1 punnet cherry tomatoes with 1/2 a Spanish onion, chopped garlic, and chopped basil leaves, and top with 1 crushed wholegrain crisp bread.
- **Vegetable rolls:** Wrap vegetable sticks in slices of low fat protein e.g. asparagus wrapped in bacon, beans wrapped in turkey, carrots wrapped in ham.



Healthy

festivities

SALLY OFFERS THE FOLLOWING TIPS FOR STAYING TRIM WHILE ON THE PARTY SCENE:

#Tip 1

"When entertaining at home, try to offer a large selection of items which you personally don't enjoy all that much (e.g. chilli-flavoured potato chips if you don't like chilli, or seaweed crackers if you dislike seaweed)."

#Tip 2

"At a party, hang out with the talkers, not the eaters. Focus on the people, not on the food."

#Tip 3

"Avoid all-or-nothing thinking. This is when you try to be perfect and maintain too strict a regime only to throw in the towel completely if you deviate even slightly."

