



# How to have a great Christmas - December 2008

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## How to have a healthy Christmas

Your healthy diet and lifestyle can really take a beating over Christmas. The extra nights out at parties' means there are more opportunities for temptation. No one wants to spoil the fun, but it's worth arming yourself with these healthy eating tips on how to beat the bulge over the holiday season.

Everybody just loves all the traditional Christmas fare; the baked ham, stuffed turkey, minced pies and pudding with plenty of whipped cream. Since everything is so delicious, it's all too easy to over indulge at this time of year. To help you stay on track, my newsletter is filled with ideas on how to enjoy your favourite Christmas treats without going overboard.

## Healthy Holiday Eating Tips!

- Focus on weight management during the holidays and make healthy eating choices your goal.
- Pace yourself and be conscious of what you eat and drink. Savour the flavours by eating slowly and choosing your food carefully.
- Start your day with a good breakfast and cut down on the size of your main meals; lunch and dinner.
- Snack on healthy foods - Satsuma's, grapes, raw vegetables, nuts, oat cakes, hummus - this will cut down on hunger pangs, over eating and help to maintain blood sugar levels.
- Don't deny yourself those favourite treats. Instead, choose small portions, make lower fat choices and avoid the sugary foods whenever possible. Focus on variety, moderation and balance of foods for healthy eating.
- Stand away from buffet tables and food trays so you will not be tempted to

nibble constantly.

- Offer to have the party at your house so that you have more control over what kind of healthy foods will be served. Or if you go to a party, offer to bring a healthy dish with you. One that you can fill up on before you indulge in all those tempting high calorie foods.
- Choose to be full and not stuffed - listen to your body's signals that you have had enough and then stop eating!
- We all like a drink over Christmas and alcohol is high in calories, so, select light wines and beers over mixed drinks or creamy cocktails. Red wine contains flavonoids, antioxidants that helps prevent blood clots and plaque formation in arteries. If you enjoy spirits choose a low calorie or diet mixer. Drink responsibly and limit your intake to 1 or 2 alcoholic drinks per party.
- Alcohol and coffee can dehydrate your body, so drink plenty of water as this helps to fill you up and prevents you from dehydrating.
- Staying active over Christmas also has huge benefits for your body and mind; being physically active every day helps keep those extra calories away. Go for a nice long walk after your Christmas lunch instead of sitting in front of the TV.
- Learn to say "no thank you" even to someone who won't take no for an answer. Stick to your beliefs and don't be influenced just because it's Christmas.

## Keep Your Portion Sizes Under Wraps For Christmas

Reducing your portion sizes is probably the best way to keep your weight under control at Christmas. That way, you can eat a little bit of all your favourites, rather than cutting out seasonal treats completely.

Here are a few ways to help you avoid those extra pounds.

- Eat one mince pie instead of two
- Christmas pudding is quite low in fat and you only need a small portion; try serving it with crème fraiche.
- Or skip the Christmas pudding and cream after dinner (you can have it for tea later on instead of something else!)
- A baked apple or fresh fruit salad with natural yoghurt is also a good dessert option, with the fruit giving you valuable fibre and vitamins.
- Always have a glass of water when you are drinking alcohol - cutting down by one glass of wine.
- Have mashed potato and skip the roast potatoes
- Take smaller portions of turkey and ham.
- Eat two chocolates instead of four
- Avoid the crisps - eat a few nuts instead.