



Nutrition: Week Twelve

How to survive the festive season

Parties are often an easy way to overeat as there is usually lots of food and drink within easy reach, and plenty of time to nibble.

With a little advance thought and planning and self discipline it needn't be a weight gain nightmare.

Nibble Overload

Here are some ideas to help with the festive over load:

- Choose carefully and well including foods from all the food groups during the day before the party.
- Good nutrition helps overcome tiredness that often comes with late nights and alcohol.
- Aim to eat slightly less on the day, but don't skip meals.
- It's a good idea to have a healthy high fibre low GI snack before you go so you aren't as hungry when you get to the party. Try a grainy sandwich, or a plate of yoghurt and fresh fruit.
- Plan how much you will have before you go. e.g 4 nibbles.
- Choose carefully so you don't overeat. If possible put nibbles on a plate so you can see how much you are eating.
- Try and go for the low fat and high fruit and vegetable type snacks.
- At a buffet have more of a few foods rather than a little of lots as you will eat less. Don't pile up your plate. Remember an average serving!
- Stand away from the food so you aren't tempted to pick.
- Eat slowly, savour and enjoy. Concentrate on the people and conversation rather than the food.
- Keep exercising. Exercise not only helps you burn calories, but psychologically motivates you to stay on the healthy eating track too.

There is no doubt this is a time of extra eating, so don't give up. Plan ahead and keep up the activity.

Party Drinking Tips!

- When filling your wine glass or getting a beer alternate with water to keep you hydrated.
- Use diet mixes with spirits.
- Always ask for water with your meal.
- Try and put your glass down between sips(it will last longer)
- Use a smaller glass or a tall thin one with lots of ice.
- Try and be alcohol free earlier in the week.

Canny Canapes

Nibbles with drinks can be a trap. If you are providing the food try some of these ideas:

- Vegetable crudites are good with hummus, or bean dip, or salsa
- Instead of chips try bagel chips or pita chips
- Try smoked salmon on cold sliced potatoes, with a dot of mayo
- Make a healthy platter with lots of olives, gherkins, cocktail tomatoes, raw vegetables or roasted vegetables, crackers, hummus or salsa or a bean dip, mussels, little vegetable fritters, cold waxy new potatoes, spicy chickpeas, and a few nuts.
- Make mini pikelets; add a little cream cheese, smoked salmon and capers, or pesto, tomato and olives.
- Filo pastry stuffed with roasted vegetables, or curried vegetables, or chicken and cranberry, or mushrooms.
- Pumpernickel rounds with smoked fish pate and chives.
- Mini bagels with slices of lean ham, slice of mozzarella, half a cheerie tomato
- Mini cheese and corn muffins with a fruit chutney.
- Falafels, meatballs, chicken drumsticks with a tomato dipping sauce

Eating because one is hungry and not because he or she has a social obligation to fulfill is the starting step toward the goal of eating right during special occasions.

Dan Clay

➔ Your Challenge

Week Twelve:

Write a Plan of how you are going to get through the party season without going off the rails! Put it on the fridge.