

## Healthy Holiday Eating Tips

- **Don't go to a party hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.
- **Watch your portion:** treat yourself a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.
- **Try different versions of egg nog:** traditional egg nog is usually made with egg yolk and thick cream. Google "low fat egg nog" and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there - we can even find soy nog!
- **Try other versions of alcohol:** instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body.
- **Physical activity:** take nice brisk walks with your loved ones and enjoy their company in the holiday season.