



Nutritional tips for Christmas - Dec 2012

Healthy Nutritional Tips for Christmas

- Make healthy eating choices your goal this Christmas
- Be conscious of what you eat and drink
- Eat slowly and choose your food carefully
- Start your day with a good breakfast
- Snack on healthy foods - Satsuma's, grapes, raw vegetables, nuts, oat cakes, hummus - this will cut down on hunger pangs and over eating
- Don't deny yourself those favourite treats, choose small portions, make lower fat choices and avoid the sugary foods whenever possible
- Avoid buffet tables so you will not be tempted to nibble constantly
- Choose to be full and not stuffed - listen to your body's signals that you have had enough and then stop eating! Learn to say "No thank you"
- 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. If you enjoy spirits choose a low calorie or diet mixer. Drink plenty of water to prevent dehydration
- Staying active will help keep those extra calories away. Go for a nice long walk after your Christmas lunch instead of sitting in front of the TV.