

HEALTHY CHRISTMAS PARTIES

The festive season is well and truly with us and many people have already attended or held Christmas parties. With more parties on the horizon, how can you avoid over indulging?

How Do You Stop Over-Indulging in Delicious Food?

- Christmas parties are notorious for sweet and rich food and more than one person has realised they've packed on a few kilograms when January arrives! The trick is to enjoy the food without eating too much!
- If you deny yourself the sweet or rich food that only comes once a year, you'll only feel frustrated! Instead, have just a small but delicious amount! During a meal choose one or two things that you really like and have a small serving – and enjoy every mouthful! Cakes and biscuits your downfall? Choose one really nice one each day!
- Salads are a great way to balance the rich and sweet food. Pile your plate with salads such as a crunchy green salad or raw vegetables like carrot sticks, cherry tomatoes, asparagus and radishes and add a little dressing or even better, some lemon juice.
- It's easy to tuck into delicious predinner nibbles especially if you haven't eaten much all afternoon but remember these are often loaded with kilojoules! To avoid over-munching, have a snack before going to the party – like a small sandwich – to take the edge off your hunger.
- People often eat more than they want when they're standing close to the food table or where the starters are laid out. Once you have something to eat, move away – having to cross a room to get a second helping can often be enough to stop you overindulging!
- If you're hosting the Christmas party, have a few healthy options available: a green salad with pomegranate or a fruit salad with cherries both look festive!

What About the Drinks?

- Fruit punch, soft drinks and cocktails are a traditional part of Christmas parties! It's important to remember all of these contain quite a bit of sugar.
- Alcohol is often abundant at Christmas parties! Alcohol can be dehydrating, impair your sleep and leave you feeling sluggish the next day. If you're going to several parties close together, consider limiting your alcoholic drinks at each one or going alcohol free for one or two days.
- Have a glass of water between each drink – it will help to hydrate you! If you don't like plain water, a slice of lemon or lime in a glass of sparkling water can be very refreshing!

Food Poisoning – An Unwelcome Christmas Event!

- Food poisoning is never a welcome event especially during the festive period! There are a few things you, as a host, can do to prevent food poisoning:
 - Put starters – such as platters of cheese and cabanossi – away when the meal is served.
 - Keep poultry, meat, eggs, dairy, salad and any food that has a creamy dressing in the fridge until just before it's needed and put them back in the fridge as soon the meal is over!
 - Immediately eat any perishable food that has been out for 2 hours and throw it away if it's been out for more than 4 hours.
 - Cook poultry thoroughly – nobody likes a dodgy turkey!
 - Eat prawns within 3 days of purchase and open oysters within 1 day.
- As a guest at a party, you can do a few things to avoid food poisoning:
 - Wash your hands before handling food or eating.
 - Don't directly touch the food – use tongs or spoons to put it on your plate.
 - Avoid any food fresh food you have seen sitting out for sometime or anything that smells strange.