

CHRISTMAS PARTIES – HOW TO STAY HEALTHY

Already Christmas parties are starting! With more parties on the horizon, how can you avoid over indulging and what do you need to be wary of?

How Do You Stop Over-Indulging in Delicious Food?

- Christmas parties are notorious for sweet and rich food which can leave you feeling under the weather – not mention pack on the weight! The trick is to enjoy without over-indulging.
- If you deny yourself the sweet or rich food that only comes once a year, you'll only feel frustrated! Instead, choose one or two things that you really like, have a small serving – and enjoy every mouthful!
- 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.
- Be aware that salads that contain rice or noodles or that have cream dressings may be loaded in kilojoules! Similarly, a piece of avocado is full healthy omega threes but a whole avocado has a lot of oil in it!
- Seafood – such as prawns – can be a good festive treat. To avoid the kilojoules, use a little lemon rather than a cream sauce!
- 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.

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 but it is dehydrating, impairs your sleep and can leave you feeling sluggish the next day. If you're going to several parties close together, consider limiting your alcoholic drinks 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 especially during the festive period! There are a few things you can do to prevent food poisoning:
 - Make sure poultry, meat, eggs, dairy, salad and any food that has a creamy dressing is served cold and remains cold!
 - 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.

What Else?

- There are a number of gastro bugs around. To prevent gastro:
 - Wash your hands after going to the toilet and before handling food.
 - Carry some antiseptic wipes and use them if tables, cutlery or plates don't look clean.
 - Stay home if you have an upset stomach or diarrhoea.
 - If someone mentions they have recently been sick, avoid kissing or hugging them.
- This is thunderstorm asthma season – if you get asthma, remember to always have your medication with you.