

CHRISTMAS PARTIES – HOW TO STAY HEALTHY

With less than six weeks until Christmas, the parties are starting! How can you avoid over indulging and what do you need to be wary of?

Cocktail Parties or Pre-Dinner Nibbles – What do we Need to be Aware of?

- Who doesn't enjoy spring rolls, baby quiches or dips - especially if you haven't eaten much all afternoon? But beware! Canapés can be 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.

How Do You Stop Over-Indulging in Delicious Food at the Dinner Party?

- Often the meal is served later than you would normally eat – meaning you over indulge in the nibbles and drinks first! To avoid this, have a small snack before going and have a glass of water between each drink.
- Christmas parties are notorious for sweet and rich food! If you deny yourself the festive 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 of healthy omega threes but a whole avocado has a lot of oil in it! Don't deny yourself these things – but eat them in moderation!
- Seafood – such as prawns – can be a good festive treat. To avoid the kilojoules, use a little lemon rather than a cream sauce!
- If you find you're bloated, sluggish or have abdominal pain after a party, you've probably over indulged! Eat simple, plain foods for the next couple of days – lots of vegetables and fruit – and drink lots of water.

What About the Drinks?

- Make sure you're well hydrated the day of a party. If you do arrive thirsty, you may quickly drink the first couple of drinks so head for the water or sparkling water!
- 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 so moderation is the key!
- 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 at one of the parties or the days in between.
- Have a glass of water between each drink – it will help to keep you hydrated! 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.
 - Seafood, such as prawns, are best served in a bowl placed in another bowl of ice.
 - 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.

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