



Plan to
party

Festive season eating tips

- Feast for a couple of days, then return to normal. Buy less and don't let the festive season turn into an excuse for a month of eating the wrong types of food.
- Read food labels. Food labelled as "light" can still contain a high fat, sugar and/or salt content.
- Out of sight is out of your mouth. Hide away indulgent puddings, cream and other temptations so they don't catch your eye every time you open the fridge door.
- If you're used to working out, have a vigorous exercise session the day before your feast so you burn extra kilojoules more efficiently.
- Watch your portion sizes. Don't opt for an extra teaspoon, a second mince pie and don't pile your food onto your plate.
- When at the supermarket, avoid buying huge 'bargain' packs. Instead, buy smaller sizes to reduce the temptation.
- Serve at least two vegetables with each meal and put salad greens in every sandwich. Remember to avoid cream sauces or dressings.

