

Health news



LIGHTEN UP

Alcohol is a dieter's worst nightmare because it's loaded with calories, so say hello to three lighter tipples for summer...

- **Strongbow Clear** Lower sugar (8.9g per bottle) than regular Strongbow cider, with 600kJ and 13.1g carbs.
- **Yellowglen White Only** 7.5% alcohol, which means almost half the sugar, too.
- **Pure Blonde Naked** 50% less carbs than the average mid-strength beer (3.5% alcohol), with 387kJ and 3.9g carbs per bottle.



DRINK UP

Fast-track your diet by starting each meal with a tall glass of water. A study found those who did dropped about 2kg more and did it 44% faster over 12 weeks than those who didn't. Too easy!

100 CHRISTMAS CALORIES

Amanda Clark, author of *Portion Perfection* (\$34.95) suggests you should know what 100 calories (the suggested snack size) looks like so you don't overindulge...

- 35g (a sliver) of fruit cake
- 1 Lindt chocolate ball
- 14 cashew nuts
- 60g smoked salmon
- 1 scoop of ice-cream
- 10 olives
- 33g wedge of brie cheese
- 1 cup of shelled prawns
- 1 party pie
- 1 candy cane

TEXT BY WENDY WINKLER
PHOTOGRAPHS BY PICTURE MEDIA, WIREIMAGE



Fit tip!

Make like Michelle Bridges and work-out before your big night, so you can indulge guilt-free. Simply up your usual routine by 10 minutes per session or add in another workout each week

Sex and the City's Sarah Jessica Parker and Kim Cattrall know the trick to guilt-free celebrating

Party SOS

SURVIVE COCKTAIL SEASON WITH YOUR WAISTLINE INTACT!



PARTY PREP

You'll have no finger-food resistance if you arrive to your event starving, but eating a full meal before you go out is no fun and can leave you bloated. The happy medium, according to model Heidi Klum, is a salad half an hour before hitting the party – it takes the edge off your hunger and means you won't go canapé crazy.

OH, MY HEAD!

Overdone it? David Stelfox, senior lecturer at Endeavour College of Natural Health, endeavour.edu.au, says to give these natural remedies a go:

WATER

A couple of glasses of water before bed and in between drinks is an age-old solution to avoid dreaded dehydration.

SUGARY CARBS

Alcohol lowers blood sugar, so head for fruit, honey in water or Prince Harry's fave – a strawberry milkshake!

EGGS

Nigella Lawson has one raw in a 'Prairie Oyster' – the cysteine in eggs helps break down the hangover-induced toxin acetaldehyde.

GINGER TEA

It'll help with nausea and detoxing your liver. Try fresh slices in your tea.

VITAMINS B & C

Danni Minogue says her hangover cure is, 'Vegemite and grated cheese grilled on toast'. It's not a bad choice, either, as B vitamins in the delicious Aussie spread help the liver break down alcohol. Add in some vitamin C – a glass of orange juice perhaps – before you go out and the day after to help minimise side effects.

TAMARIND PULP

A traditional remedy in Asia, India and Sri Lanka, tamarind pulp enhances liver function, regulates blood sugar levels and helps replace electrolytes.

Party girl Alexa Chung can't afford to suffer the effects of a night of excess

Smart swap... Fancy a creamy drink? Swap a White Russian (1545kJ, 22g fat) for a Baileys on ice (400kJ, 5g fat) and save 1145kJ and 17g fat!