

TODAY'S SPECIAL

Stay festive and stay slim with plan for healthy eating



WITH the Christmas season now in full swing Tweed is alight with festive celebrations and cheer. During the holiday period it can be all too easy to overindulge and put on unwanted kilos that refuse to budge come the New Year. Tweed dietitian Amanda Clark has some tried and true tips on how to make it through the festive season without gaining weight. For tips on how to stay healthy during Christmas turn to page 6.

Have yourself a cherry Christmas this year

By Laura Brodnik

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IT'S the time of year when the party dresses come on, the champagne flows freely and chocolate is an acceptable breakfast food.

During the silly season it can be easy to over indulge and end up looking much similar to Old Saint Nick.

To avoid having a belly like a bowl full of jelly after Christmas it's important to have a plan of attack when entering the holiday party scene.

The author of *Portion Perfection*, dietitian Aman-

da Clark, said alcohol and nibbles could be landmines when navigating the Christmas party battlefield.

"Alcohol does not fill you up but adds up in calories and nibbles never make you feel like you have eaten a meal and so people eat more than they should," Ms Clark said.

"People should go to a party satisfied to avoid overindulging."

Ms Clark warned buffet-style meals could spell disaster for dieters during the festive season.

"When at a buffet-

style party try not have a bit of everything. Instead put together a normal plate which is half salad and half vegetables, one quarter carbohydrates and one quarter protein," she said.

"We know people gain weight over Christmas. The average person will gain between 1.5 to two kilos each year at this time and it stays on.

"It's important to savour your food and pay attention to what you are eating."

Ms Clark said being pro-active about the food

being served was the key to maintaining a healthy Christmas diet for the family.

"Be mindful of the portions on Christmas day. If you have 10 guests don't have a cheesecake which serves 10 and a plum pudding that serves 10 and so on. This way you end up having too many portions," Ms Clark said.

"For something like the office Christmas lunch bring along some fruit, like cherries. They look festive and they make a healthy party alternative."