



VIS Nutrition Tip: Christmas Nutrition

Tuesday, 10 December 2013

It's that time of year, with Christmas parties, lunches, dinners, drinks and BBQ's filling the calendar. This can make it very challenging to maintain your healthy eating principles. But not impossible!

Take a moment to remember the strategies and plan your attack this silly season. Don't go out to parties hungry – a satisfying snack can save you from over-eating high-calorie foods later.

Try carrots with a low fat dip or a high protein yoghurt before you head out. Don't linger around the food – you'll be tempted to fit those few extra sausage rolls in! Check out the menu online before heading out for dinner and make your selection when thinking clearly. Opt for lighter meals and always order extra sides of veggies and salad.

Alcohol also adds calories, so choose low-alcohol drinks if you choose to drink and for every one alcoholic beverage that you have, aim to walk or run 1 kilometre the next day: Five drinks means 5kms the next day!