

Social events are great but sometimes they all seem to occur in the same month (like December). If you overindulge at each event, these extra kilojoules might easily contribute to unwanted weight gain. Celebrations can still be enjoyed with healthier food options so you can enjoy catching up with friends, family and colleagues without your health suffering.



Tips to reduce party overindulgence

- Have a healthy snack before you arrive at the party. This will stop you from stampeding the buffet or holding the finger food platter on your lap. Try avocado on toast or a banana smoothie.
- Fill half of your plate with salad or vegetables.
- Resist the temptation to go back for seconds or thirds. Enjoy your first helping and leave it there.
- Limit your exposure to the nibbles – it is easy to overeat when you are sitting near the platter.
- Avoid deep-fried foods and creamy sauces.
- Press pause between courses. Remember that it takes 20 minutes for your brain to register that you are full so pausing between courses can help to prevent overeating.
- Enjoy your dessert but watch the portions.
- Go for a walk – regular activity is always important, don't let the party season interrupt your routine to help you maintain your energy levels and perform at your best.
- Stand up and walk around between courses of dinner if you can - this helps your digestion and gives you a chance to mingle.
- Monitor your alcohol intake – alcohol is high in kilojoules and also makes it easier to nibble on extra food. Consider alternating your alcohol drinks with water for a better next day and to reduce your kilojoule intake.

Do you want to know more about healthy eating? We are here to help with recipes and how-to info!

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