

## HO HO NO!

The festive season and over indulgence seem to go hand in hand. Maybe it's time to step back slightly and be aware of what you are eating and drinking and pull back where you can.

### Here are some stats to make you think:

- Even a small Christmas pudding requires nearly two hours of running to burn off the eye-watering 1,280 calories, while it would take 21 minutes of jogging to shift just one mince pie or five Rose's chocolates.
- A brisk 35 minute walk would be needed to shed one slice of Christmas cake, or a 12 minute stroll for a single Ferrero Rocher.
- The ultimate shocker is a full turkey dinner with all the trimmings contains around 5,200 calories which means it would take a run of over 45 miles to burn it off.

Of course you can be sensible without taking away any of the enjoyment of Xmas, here are a few tips to curb your calorie count:

### Pick and choose

Choose the days you are potentially going to eat more and pull back on the days between.

### A sensible breakfast

Skip the croissants and sugar rich cereals at breakfast, instead look to have a protein based breakfast such as eggs with smoked salmon.

### Water

Keep your water levels up this will keep you feeling fuller and helps you avoid overeating.

### Nibbles

Stay away from nibbles. If they are near where you are sitting, move them away, it's too easy to eat your way through a large amount of snacks without even registering how much you have eaten.

### Cut down on carbs

Avoid overloading on starchy carbs by replacing roast spuds/mashed potato with parsnips or sweet potatoes

### Avoid grazing

Once you've selected your food from the buffet, step away. When food is within easy reach you will be prone to grazing and take in calories you didn't need.



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### Avoid skipping meals

If you're going to a party straight after work, avoid skipping lunch for fear of overdoing your daily calorie intake, you will end up extremely hungry and eat way more than you would normally.

### Clear the table

Dinner with family and friends often means spending longer sitting around the table. The longer you linger the more likely you are to keep picking, even though you have had enough. Clear the table therefore avoiding any further temptations.

### Factor in the drinks

Alcohol is packed with empty calories. Research shows alcohol not only increases your appetite

but can weaken your willpower, meaning you are even more likely to overindulge on festive nibbles. Adding ice to alcoholic drinks will dilute them. Choosing lower-alcohol drinks such as spritzers and slimline mixers will also cut your calorie intake.

### Be mindful

Try not to lose touch with your appetite regulators, listen to your body and give it a chance to feel hungry before you eat. Look to eat slowly and savour your food.

### Treat sweets as treats

If you have a box of chocolates, avoid eating the whole lot at once. Put a small handful in a bowl and the rest out of sight, making it an occasional treat means you'll enjoy it more.

## DAVID'S SUMMING UP

*Enjoy your festive food but be mindful of what you are consuming if you are trying to look after your weight. To keep your calories down, double your protein, not your carbs.*