

A Nutritional Therapist's Guide to Surviving Christmas

The festive period is synonymous with indulgence. As the year ends, social gatherings increase and very often these get-togethers revolve around food and, of course, alcohol!

Whether you are an avid healthy eater or more relaxed about your food choices, there's no doubt that eating healthily at Christmas and New Year can be a challenge. Staying with family can mean that you are not always in control of food choices. Plus, given that the festive period stretches across two weeks, it's all too tempting to think "I'll start fresh next year".

The good news is that you can still eat, drink and be merry without going overboard. To make this season your healthiest yet, here are Tracy Tredoux's top survival tips:

1. Don't try to diet over the festive period. Set a maintenance goal instead. This is more realistic and far more achievable. This will give you the freedom to enjoy yourself without the feelings of deprivation or the pressure to rebel.
2. Plan your meals. Normal routine tends to go out of the window over Christmas and New Year. However, make sure you don't forget about yourself and still take the time to plan your food. That way, you will still have the right choices in the house. Give yourself the best chance of succeeding!
3. Don't go to a party hungry. If you do, you will be tempted to indulge in your body's urges for sugar. Make sure to eat a balanced meal or snack before you go, so you can focus on socialising rather than food

cravings. Why not bring a healthy dish to the party for everyone to share? Tracy recommends creating an appetising fruit platter or a delicious salad to tuck into.

4. Make good alcohol choices. Avoid creamy or sweet drinks. Try to drink with food as this will reduce the impact of the sugars on your bloodstream.
5. Drink plenty of water. This will encourage you not to overeat and will also improve how you feel the next day!

For delicious and healthy recipes, as well as a comprehensive guide on eating healthily at Christmas, download Tracy's free e-book here: <https://tracytredoux.com/christmas-survival>

To make choosing the right foods as easy as possible, Tracy has even compiled a "cheat sheet" of foods to choose and those to avoid below.

STARTERS

- Avoid: Bread, Pastry-based starters, pâté.
- Choose: Melon and Parma ham, soups, smoked salmon, and salads.

MAINS

- Avoid: Stuffing, too many roast potatoes, too many parsnips and sweet redcurrant jelly.



- Choose: Turkey, chestnuts (a good alternative to stuffing and great as a snack), 2 or 3 roasted new potatoes, steamed vegetables (half your plate) and cranberry sauce.

PUDDING

- Avoid: Christmas pudding/ cake, sorbet, cheese & crackers
- Choose: Vanilla ice cream, cheese & oatcakes (small portion), see my guide for a healthier Christmas Cake recipe

To learn more about how you and your family can eat more healthily during this festive season, see Tracy Tredoux's website www.tracytredoux.com or get in touch to book a free 30-minute with her consultation today.

