



### **The Festive Season**

The festive season is a great time to celebrate with friends and family. With numerous social events popping up throughout December it's easy to eat and drink more than you normally would. Come January 1st 2016 you may find your belt is getting a little tighter. On average, Australians gain 0.8-1.5kg over the Christmas period! Here are some tips to help you maintain your weight this festive season:

- Avoid going to functions hungry. Having a healthy snack before you leave the house can help control your appetite to prevent overeating when you're out. Some healthy snacks include a tub of low fat yoghurt, a serve of fruit, handful of nuts, or even a salad sandwich
- Beware large portions! If your will power is weak and you know you will want to finish everything in front of you, use a small plate instead of a regular dinner plate. This will help you avoid the temptation of eating more than you need
- Heading out for a meal? Have a look online at the restaurant's menu so you can take your time making a healthy choice before you go
- Before each social gathering, set appropriate limits for yourself about how much you'll drink. It's also a good idea to alternate alcoholic drinks with water. This is especially important on a hot day, or at an outdoor function, to prevent dehydration

***VIS Sports Dietitian, Kylie Andrew***