



It's that time of year again! The time when the average person gains 3kgs.

Christmas can be a very difficult time of year to maintain your nutrition goals due to numerous functions, parties and celebrations leading up to Christmas day. It is important to stay mindful about food over the Christmas period and here are a few tips to assist you to remain as healthy as you can coming into the new year:

- Plan ahead and save your treats for a Christmas party. If you know you have a party coming on the weekend, skip the weeknight ice-cream or chocolate so as you can enjoy a mince pie or some Christmas cake.
- Give food related gifts away. A box of chocolates or Christmas shortbread can be tempting. Why not wrap it up and re-gift it?
- Watch your portion sizes. Enjoying a traditional Christmas lunch is something that should be enjoyed by everyone. It is important to note that one day of over-indulging isn't going to change too much. However, don't go crazy with portion sizes and remember to choose lots of vegetables and salads for your plate if possible.
- Make healthier choices where possible. Don't eat the crackling, skip the skin and stuffing, roast your vegetables using spray oil, make your gravy with water instead of meat juices and have a smaller portion of dessert with some fruit to complement it.
- Aim to not over cater or get rid of leftovers! It is often after Christmas day that can be the problem due to consuming leftovers from Christmas day. Give them away or throw them out.
- Aim to do a little bit of extra exercise over the Christmas period to make up for the over indulging.

Have a Merry Christmas and stay safe over the holiday period.

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