



## Festive Season nutrition

by [nutrition works](#) on Tuesday, December 21, 2010 at 11:24am ·

Yay! I love Christmas and all the associated festivities. It's a great chance to catch up with family and friends.

Now is also the time when everyone comes up with all the "watch the waistline" tips which I personally find a bit doom and gloom.

Instead, if you are watching your nutrition and aiming to stay healthy, here are some practical ways to keep everything in moderation, enjoy the festivities but not so that your first new years' resolution is to fit back into your pants!!

1. Always aim to fill HALF your plate with vegetables or salad. Green salad, stirfry veg, dry roasted veg, baby spinach, tomatoes, cucumber or a baked potato, are all great choices. Coleslaw, caesar salad or anything with a creamy dressing or drowning in oil is not.

2. Pick your battles. You can't do much with a set menu, sit back and enjoy. If there is a variety of platters floating around, wait it out for the sushi, rice paper rolls, fruit kebabs, turkish bread with tzatiki or hummus, chicken skewers, or the veggie sticks (I know, I know - very "diet-ish", but still, a good option). If your waiting is in vain then aim to limit the pastry, and, no, vegetables that are wrapped in pastry and deep fried are not healthy. Not even a little bit. Just saying.

3. Remember, there are SEVEN and a half standard drinks to a bottle of wine. Not five. Or four. SEVEN. So if you pour 4 glasses to a bottle just remember this is two standard drinks at a time. Not one.

4. Use your holiday time to get in more exercise. This doesn't mean the gym. Go for a walk with your nephew to get the paper. Kick the footy with your cousins. Play some french cricket with the family (I love french cricket - did anyone else play this as a kid? Anyway, if not, just go the regular aussie style cricket). Get down to the beach for an early morning paddle with the kids when they wake up at 5am, all excited, and you need to drain some of the never ending energy...

So, Merry Christmas everyone, enjoy this FABULOUS time of year, enjoy the SUPER food WA has to offer, all of it, just keep it sensible.

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