



Seasons Greetings

Healthy eating during this holiday season

With the upcoming holiday season, we thought it would be a good idea to give you some hints on healthy eating during this time. Also note that December 19th will be the last class for the year. Classes will resume on January 2nd. From all of us to all of you—Have a Happy Holiday Season!!

One of the dominant images of an Aussie Christmas is food. Mention of Christmas brings to mind Christmas Lunch, Christmas Dinner, Work Christmas Functions, Christmas Drinks and other Christmas get-togethers.

Christmas is not seen as a good time for anyone on a diet. It doesn't matter if you are on a diet to lose weight, be healthy or deal with a disease, the range of food available at Christmas is intimidating for dieters.

However, Christmas need not mean the end of your diet or a struggle through January to compensate. There are ways to keep your diet healthy during the Christmas season.

MODERATION

- ◆ Keeping things in moderation is a major key to the Christmas overeating issue. It is easy to say "eat and drink in moderation", but not quiet so easy to carry out so here are some ideas for moderating what you eat this festive season.
- ◆ Use a smaller plate ~ your mind will consider it a full plate regardless of its size! Where there are choices, take a little of many things rather than lots of one thing. This ensures

you are getting a balanced meal and not overloading on a fatty food.

ALTERNATIVES

- ◆ Whenever you have control over the food on offer, always look for the healthier alternative to prepare and serve. Likewise, make suggestions to other people who will be feeding you over the holiday period.
- ◆ This is a good opportunity to make Christmas a bit different this year ~ for instance, try a picnic this year with lots of salads rather than huge roasts or do an activity with friends instead of having a Christmas drinks night.

VEGETABLES

- ◆ Keep vegetables as close to raw as possible. Don't overcook them.
- ◆ Consider a salad rather than baked-in-fat vegetables.
- ◆ Use spices and herbs to flavour vegetables, not butter or a creamy sauce
- ◆ Steam vegetables rather than boiling them – healthier and tastier!
- ◆ Char grilled vegetables are delicious and a little exotic ~ a platter of mixed grilled vegetables look great and can be done on the BBQ to save kitchen space.

MEAT

- ◆ Trim as much fat as possible from meat before cooking
- ◆ Baste meats with lemon juice

(alone or mixed with garlic and herbs.)

- ◆ Where possible, BBQ or grill the meat instead of roasting it, or roast it on a rack.
- ◆ If cooking roast pork, remove all rind and fat prior to cooking. Trimmed of fat, the crackling can be cooked separately – although crackling isn't particularly good for you anyway!

DESSERTS

- ◆ Supply a fruit platter or fresh fruit salad ~ a hot Christmas day makes this most appealing!
- ◆ Leave behind the crust of desserts such as cheesecake and flans.
- ◆ Have some fun with a sweet fondue sauce or a yoghurt dip with fresh fruit.
- ◆ Fruit mixed with yoghurt and frozen is a delicious treat. Drizzle it with chocolate and no one will know it's healthy!
- ◆ Make a cake with pureed fruit in place of some oil ~ yummy!
- ◆ Instead of one egg, try using two egg whites.

ODDS AND ENDS

- ◆ Use wholegrain breads for stuffing.
- ◆ Cook stuffing separate to the meat so it doesn't soak up fats during cooking