

Party Guide

Many people trying to avoid holiday/ Party weight gain, ends up doing exactly what they shouldn't: being overly restrictive during the most festive time of year (December is the month of celebration & parties) but it also tends to be a time where we consume high fat & high calorie food. While their intentions to prevent weight gain are good, being overly restrictive with food can backfire, especially during the holidays when we're faced with indulgent food, festivities, and higher-than-normal stress levels.

The keys to avoiding unwanted weight gain this time of year: Strive for balance and moderation when it makes sense. But also try not to abandon your healthy habits altogether. You've worked too hard all year to just give up now and "restart" in the New Year.

Top tips to help you make healthy party food choices:

1. Don't Arrive hungry :
Eat something light shortly before arriving so your appetite is not calling you to grab those tasty, but caloric finger foods and snacks that add up quickly (Example : A bowl of fruits or salad) .
2. Hydrated before moving into drinks :
Simply Limit the amount of alcohol you consume (or skip it!) and you'll not only save calories but you'll be less likely to overindulge (we generally eat more when we've had a few drinks)
3. Hold a drink in your hand (try a club soda with lime and a couple of large green olives- delicious! Or Just a glass of water) -that can occupy you and keep you away from the food tables- you'll only have one free hand!
4. When choosing foods, look for the veggie trays, fruits, low calorie items and take small amounts so you don't feel obligated to finish what's on your plate if it's a large portion
5. Fruits for your Sweet Tooth: Pies, cakes, and ice cream are everywhere, especially during Christmas or New Year parties. If you have a sweet tooth, you might find it hard to skip these fares, Go for a healthier alternative: Fruit. The fruits on the table will give you the sweet ending to your meal – at a calorie count that's friendly to your waistline.
6. Pop up with Activated Charcoal capsule before an hour you start drinking , as charcoal binds to toxins in the stomach and helps them to be eliminated , rather than being absorbed and causing harm .

**It's all about thinking through the event before you get there. You're human and it's ok to enjoy yourself. Just do so in moderation and you'll feel confident, in control and positive! Enjoy!*

Healthy swaps – instead of...

- Pasta , choose zucchini
- Fried , choose Grilled

- Chocolate Pastries / cakes , choose Brownie Bites
- Cheese and creamy dips , choose Hummus ,salsa , Yogurt dip
- Cheese straws, choose breadsticks
- Pringles, choose Twig lets
- Chips or tortilla , choose Crackers
- Garlic bread, choose Mini brochette
- Cheese sticks , choose Breadsticks
- Mini sausage rolls, choose cocktail sausages
- Candied yams /Potatoes , chose Sweet potatoes
- Mini pork pie, choose mini pizza
- White flour rolls , choose Whole wheat rolls
- Spring rolls, choose sushi
- Peanuts, choose olives
- Chips , choose Unsalted nuts
- Soda , choose Detox water
- French fries chose Veggies fries
- Rice , choose Cauliflower rice
- Mashed potatoes , choose Mashed Pumpkin or sweet potatoes

Make sure you load your plate with:

- Vegetable sticks with dips
- Beetroot, Hummus or avocado dip
- Sushi
- Pasta in red sauce
- Fruit salad with yoghurt
- Grilled chicken / fish / paneer /Tofu
- Stir fry veggies
- Salads
- Soups (Lots of veggies , without creams , fried items ,)

HEAL THE HANGOVER:

- 1) Have a hearty and healthy breakfast featuring eggs and a complex carbohydrate (Like Oats , buckwheat , Brown rice etc)
- 2) For nausea and vomiting, sip ginger root tea throughout the day. In addition to helping with nausea and digestive distress, it will help to stabilize blood glucose levels.
- 3) Coconut water is rich in potassium which acts as a diuretic & helps you stay hydrated.

- 4) Alcohol can lead to dehydration, so make sure to continuously drink water throughout the night
- 5) Magnesium is one of our favourite minerals and is affectionately known as the "relaxation mineral." Try a magnesium supplement.
- 6) Fennels are great for easing nausea and indigestion and can help to reduce the other effects of alcohol on the body. A lukewarm cup of fennel tea will help to relieve digestive ailments, making it a handy hangover drink.
- 7) Drink the Best hangover juice (Orange or grapefruit , carrots , celery sticks , Beet root or radish, Half lime, small pc of ginger)
- 8) Use black coffee or green tea as much as you can.

Post party season:

Now is the time when the guilt comes in & you want to undo the heavy meal & the wrong foods that you have had.

- Don't keep party leftovers.
- Include more fruits and vegetable
- Take a glass of warm water with 1 whole lemon squeezed with pinch of black pepper in it (thrice a day).
- Limit your salt to 1 tsp and oil intake to 3 tsp a day.
- Include green tea, lime, mint, Herbal, chamomile tea in your day to day routine
- Take a break from alcohol, which is nothing but empty calories that play havoc with your blood-sugar levels.
- Eat fresh home cook meals with more protein in every meal.
- For 1 week, go "ready to eat" free. This will mean do not eat anything that can be consumed out of the packets. Ex. Instant foods, biscuits, instant soups, chips, ice creams, carbonated beverages etc.
- Hydrate yourself well , not less than 2.5 litre of water
- Get moving
- Don't eat the white stuffs (breads , bagels , crackers etc)

So enjoy! Socialize! After all, that's what parties are really about. Focus on your friends, not the food.