
EATING OUT, SOCIALISING & ALCOHOL

Wellbeing is defined as general happiness and life satisfaction. Feeling good and enjoying life with friends and family play a huge part in our overall health and wellbeing and often this includes social gatherings, eating away from home and for many of us, having the occasional glass of wine.

Having some guidelines around how best to stay aligned with our physical health habits when socialising and eating out can be really powerful and support you on your food and mood journey beyond these six weeks.

'POT LUCK' DINNERS

These are the best for having more autonomy over your eating. Choose to bring a dish that aligns with your health goals. There are so many delicious and nutritious recipes on our MyFernwood platform that would go down a treat in a dinner party setting.

EVENING & SOCIAL EVENTS

Being mindful of your social calendar ahead of time will allow you to plan for those events that you can use for your 'anything goes' meal. If over indulging is something you are cautious of, having a healthy meal or snack full of protein and vegetables can really help to curb cravings and keep you fuller for longer. Avoid skipping meals in the day time before the event as this will increase your appetite and cravings later in the day. Bring your own healthy snacks to the movies and of course, with so many environmentally friendly food storage containers nowadays you easily take your homemade healthy meals with you on the go.

HOLIDAYS

Christmas, Easter, birthdays and all-inclusive resort holidays, surely these are the exception for discretionary foods. These can be enjoyed in moderation and you may notice a decrease in cravings for these foods when you regularly opt for meals that contain low GL carbohydrates, powerful proteins and loads of green and fibrous vegetables.

EATING OUT

If you've already played your 'anything goes card' for the week, most café and restaurant menus will have some options that you can make work for you and your Food & Mood guidelines. Choose the best you can from the options you have and be sure to leave any guilt and judgment behind if it doesn't quite work out!

ALCOHOL

Moderation is key! Aim for no more than two (2) standard drinks in one day/night. Drink plenty of water between drinks. Choose white spirits over dark and avoid pre-mixed drinks as they are sugar laden. Red wine is considered the more ideal choice in most situations as it typically contains less sugar and it contains resveratrol – a red/purple fruit antioxidant from grapes. Bonus!

