



Healthy Festive Season Tips

A few parties will not ruin all of your efforts; it is what you do on a regular basis that really matters. By following a few healthy tips, you will be able to avoid the disappointment felt when you jump on the scales in January. A reasonable goal over the festive season is to make it a time to maintain your weight by being selective with your food choices and allowing a little of the things that you really enjoy to avoid feeling deprived. With a little planning you can see the New Year with a smile on your face rather than disappointment.

- ❖ Do not skip meals or starve yourself to compensate for the unhealthy foods you have consumed or to allow more calories to be consumed at a party. Consume regular meals and always have a healthy snack before a function to avoid overeating or poor food choices due to extreme hunger.
- ❖ If you are entertaining, offer a good variety of healthy foods. If you are taking a plate to a party, choose a healthy alternative e.g. fruit platter
- ❖ Spoil yourself a little without feeling guilty but ensure to take time to savour the food you like so you are satisfied with a smaller quantity.
- ❖ Encourage guests to take leftovers home so there is no temptation for indulgence the next day.
- ❖ Focus on the social occasion, mingle and dance and keep yourself busy and away from the food and drinks table so you are less likely to pick.
- ❖ Listen to your body and stop eating when you feel satisfied, use a small plate to guide you with portions.
- ❖ Alcohol contributes a lot of extra calories to your daily intake. Try a Wine Spritzer of $\frac{1}{2}$ wine, $\frac{1}{2}$ mineral water or mix spirits with diet drinks or soda water or space alcoholic drinks with a glass of mineral water or diet soft drink.
- ❖ Be more active during the festive season to expend more energy. Look for opportunities to be more active while still relaxing and enjoying the festive season e.g. fun backyard ball games or bike ride with relatives or friends or take the dog for a walk.

Healthy Food Alternatives:

- ❖ For appetizers try barbeque prawns or mini marinated breast chicken kebabs or small barbequed lean lamb cutlets, instead of deep fried, crumbed or battered food such as Spring rolls or fried calamari. Serve vegetable sticks, Pretzels or baked rice crackers instead of chips or fried crackers.
- ❖ Instead of creamy dips such as French onion dip, try tomato salsa with carrot and celery sticks.
- ❖ Serve smoked salmon on water crackers with touch of lemon juice, chopped dill and cracked pepper rather than creamy dressings such as mayonnaise or crème fraiche.
- ❖ Oven bake falafels and serve on a toothpick with a low fat tzatziki dip.
- ❖ Offer a platter of sliced leg ham trimmed of fat with salads, pickles, mustard and chutney.
- ❖ Instead of turkey with all the trimmings, try skinless turkey with a healthy stuffing (refer to recipe provided) or seafood platter with whole barbequed fish.
- ❖ Cook the vegetables on the BBQ or in a separate tray to the turkey to avoid excess fat. Parboil starchy vegetables, drain and spray with oil for a crispy healthy finish. Allow healthy alternatives of non-starchy vegetables such as broccolini, snow peas and green beans.

- ❖ Offer different salad varieties and serve the dressing on the side. This is a great way to control calorie intake from dressings.
- ❖ For dessert, try a tropical fruit platter sprinkled with mint leaves and served with low fat ice-cream. Serve mini meringues or Pavlovas with fresh berries and low fat vanilla yoghurt.
- ❖ Serve Panforte for an alternative to xmas pudding, a rich Italian treat that will satisfy with a small serve.

Roast turkey with cranberry stuffing

Recipe adapted from Australian Healthy Food Guide, 2005

This traditional Christmas fare is not only delicious; turkey meat is especially lean and low in saturated fat. Serves 6, Energy 1450kj or 350 Cals per serve

Ingredients

- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons finely chopped thyme leaves
- 2 cups fresh wholemeal breadcrumbs
- 1 tablespoon olive oil
- 1 tablespoon raisins
- 1 orange, rind and juice
- 1.5kg turkey breast
- 1 tablespoon cranberry jelly

Instructions

Step 1 Preheat oven to 200°C. Line a large tray with baking paper.

Step 2 Spray a non-stick frying pan with cooking oil and heat to medium-high. Cook onion and garlic for 2 minutes, until softened. Remove from heat. Add thyme, breadcrumbs, olive oil, raisins and orange rind and juice. Stir to combine.

Step 3 Flatten turkey breast slightly so it's an even thickness throughout. Spoon stuffing into centre and fold meat over to enclose. Tie with several pieces of kitchen string to secure. Cook for 40 minutes, until golden and firm to the touch. Test by inserting a skewer; the juices should run clear.

Step 4 Remove from oven and rest for 10 minutes before slicing. Serve with roasted vegetables and gravy with a tablespoon of cranberry jelly stirred into it.



The Management and Staff of SIOS wish all our patients a happy, healthy and enjoyable Christmas. We hope that 2011 brings you the success and prosperity that you deserve.

We look forward to seeing you for your regular follow up here at the SIOS Clinic with our team.

**Warmest Wishes
THE SIOS TEAM**

HOLIDAY CLOSURE

SIOS will close on Thursday 23rd December 2010 and re-open on Monday 10th January 2011. For emergencies during this period, please Call 0408 409 725