

## Masterclass

In this session, we'll look at the challenges of managing and maintaining weight after weight loss.

There are different lifestyle and diet strategies you can follow to help you maintain your weight in the long term.

In this guide, we'll also cover one seasonal topic, which may include cooking and keeping healthy on a budget, managing your eating habits during social activities, and how to prevent any relapses.

If you have any questions don't hesitate to contact our team. We're happy to help where possible.

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## Contents

Masterclass.....	1
Strategies to succeed at permanent weight loss .....	3
4 steps to maintain your weight .....	4
Setting goals .....	6
Weight Management and Maintenance Review.....	7
How do I maintain my target weight?.....	8
Tips to increase your steps.....	9
Seasonal Topic .....	10
Relapse prevention .....	11
Cooking and Keeping Healthy on a Budget .....	13
Challenges and strategies for BBQs and buffets .....	15
Managing holiday eating and tackling holiday inactivity .....	16
Festive Fun to Keep Weight Off.....	18
Christmas Food and Drink Quiz.....	19

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# Strategies to succeed at permanent weight loss

## 1. Enlist support

Ask for reinforcement from a family member, co-worker or friend, be it offering encouragement, preparing healthy meals or joining you at the gym. If you're motivated by meeting with people trying to achieve a similar goal, consider joining a support group such as Weight Watchers or Rosemary Conley.

## 2. Be consistent and plan ahead

Stick to your eating plan on weekends. Research shows that people who don't give themselves a day or two off to cheat are 1.5 times more likely to keep the pounds off. Once you start giving yourself a few breaks on the weekend, you're more likely to ease off during the week. Eventually the breaks accumulate and show up on the bathroom scale.

## 3. Weigh yourself

Regularly monitoring is an important part in maintaining weight loss. The National Weight Control Registry (NWCR), an ongoing study tracking the habits of more than 5,000 people who have lost weight and kept it off, report that 75% of participants weigh themselves on a weekly basis.

Frequent weighing provides an early warning system and allows you to correct small increases quickly.

However the key to monitoring is to do this within reason. If you feel that you're becoming obsessed with a particular target or your weigh-ins, talk to us about how you're feeling and where you think the challenges are.

## 4. Limit screen time

Reduce the amount of time spent watching TV, tablets and phones. In the NWCR, the majority of participants report watching less than 10 hours of TV per week. It has also been revealed that people who watch more than 4 hours of a screen a week are twice as likely to regain weight as those who watch one hour or less.

Walking to and from the local shops, jogging around a local park, or even dancing to your favourite music can help you lose weight, and make you feel more energised

## 5. Exercise regularly

99% of successful maintainers in the NWCR report getting one hour of scheduled exercise each day, often brisk walking. Other research has found that participating in a walking programme – combined with nutrition counselling – lowers the odds of regaining weight.

## 6. Deal with lapses

The key to long-term weight maintenance is stop small weight early. If a few pounds creep back on, you can do things to lose them. Keep a food diary for a few weeks, reduce your food portions, or add an extra workout.

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## 4 steps to maintain your weight

Losing weight can be a challenge, but for some the difficult part is sticking to your new weight and lifestyle.

Try these four steps to maintaining your current weight, without undoing all the hard work you've done so far.

### Balanced, healthy diet

- To keep the calories in your diet low, to fill you up, to give you more nutrients, to improve your heart health

### Be physically active for at least 1 hour every day

- To use up calories, to increase your metabolic rate, to improve your fitness, to improve your mood

### Regular eating - including breakfast

- For constant energy, to prevent excessive hunger and binging

### Monitor your weight and diet

- To stay aware of what you're doing, to catch any weight gains early, help with setting and following goals
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How are you going to do these steps? Write your ideas in each box:

<b>Low fat, high carb diet</b> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Be as active as possible every day</b> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>Regular eating – including breakfast</b> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Monitor your weight and your diet</b> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

What might make it difficult e.g. other people, places, situations?

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What can you do to overcome these difficulties?

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How will you reward yourself?

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## Setting goals

Remember your goals should be **SMART**. For example, I will try to self monitor my diet every day by:

**Specific:** I will use a note book to write down what I eat & drink

**Measurable:** I will be able to see what I have eaten each day

**Achievable:** My note book will be able to fit in my bag and I can take it wherever I go

**Relevant:** It will mean that I am aware of what I am eating and drinking so that I can make changes to help me maintain my weight

**Time specific:** I will try to do it every day, whenever I eat or drink anything

### If you gain more than 4 pounds

- Think about why – look at your diary for clues
  - Deal with the gain – what worked before?
  - Consider why habits have changed
  - Think of some solution and decide which to use
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## Weight Management and Maintenance Review

<b>Weight:</b> <input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Maintained		<b>Date:</b>
<p>List all of your achievements over the past week. Remember to give yourself credit for everything that has gone well, not just weight loss or maintenance:</p>		
<b>Quick checklist – the toolbox</b>	<b>Using</b>	<b>Not using</b>
Eating mindfully	<input type="checkbox"/>	<input type="checkbox"/>
Watch portion size	<input type="checkbox"/>	<input type="checkbox"/>
Plan meals and snacks	<input type="checkbox"/>	<input type="checkbox"/>
Set goals and self-monitor	<input type="checkbox"/>	<input type="checkbox"/>
Eat regularly and healthily	<input type="checkbox"/>	<input type="checkbox"/>
Think positively	<input type="checkbox"/>	<input type="checkbox"/>
Manage emotions	<input type="checkbox"/>	<input type="checkbox"/>
Handle plateaus	<input type="checkbox"/>	<input type="checkbox"/>
Problem solve	<input type="checkbox"/>	<input type="checkbox"/>
Seek support	<input type="checkbox"/>	<input type="checkbox"/>
Increase exercise	<input type="checkbox"/>	<input type="checkbox"/>
<p>What has been more challenging for you? Is there anything you used to do and have stopped doing?</p>		
<b>Weekly log</b> Use this space for any specific information you record regularly e.g. exercises	<b>Set yourself two specific and realistic goals for the next week:</b>  1.  2.	

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## How do I maintain my target weight?

Research studies show there are a number of factors that help people to be successful at maintaining their weight loss.

Focusing on the following strategies can help you to be successful: -

### **Self-Monitoring behaviours**

1. Weigh yourself regularly i.e. every 1-2 weeks
2. Track calories and fat - check food labels; use a food diary again if necessary
3. Plan meals and menus i.e. write a shopping list, cook in bulk, try healthy recipes etc.
4. Be aware of portion sizes/measure the amount of food on your plate
5. Eat most of your meals at home to limit eating out
6. Eat healthily 80-90% of the time and enjoy treats 10-20% of the time

### **Physical Activity**

1. Exercise 30 minutes or more per day
2. Include recreational activity into your daily schedule i.e. walking
3. Add resistance exercises/weight training to your workout (check with your doctor first)
4. Reduce sedentary activities i.e. less TV watching
5. Set exercise goals such as training to run 5km race or take up a new sport

Other things may also influence your success, such as:

- Have good social support i.e. from family and friends
- Prioritise your health and remember the reasons why you lost weight in the first place
- Stay motivated to keep the weight off. Avoid making excuses.

Remember what you have learnt and use this to focus on weight maintenance over the next few months and beyond. Continue to be mindful at all times and identify if you do begin to slip back into old habits.

If you do have a slip up, do not let it be the end of the world – get back on track at your next meal. The key is to act quickly and refocus your efforts using the above advice.

We wish you all the best with maintaining your weight and continuing to live a healthy lifestyle.

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## Tips to increase your steps

Smaller changes everyday in your personal and work lives can help you with weight management. Here are 25 suggestions of different things you can do:

### At home

1. Walk your dog instead of just letting it out.
2. Take things upstairs or downstairs immediately; don't save trips by piling things at the top or bottom of the stairs so you only have to make one trip.
3. Change the channel of your TV without using the remote.
4. Walk around the house during the TV ad breaks.

### Out and about

5. Climb an extra flight every time you use the stairs. For example, if you're going from the 1st to 2nd floor, walk the extra flight to the 3rd floor and go back down again.
6. Get off/on the bus a stop earlier/later.
7. Walk your children to and from school.
8. Walk in a safe area while you are on your mobile phone.
9. Join a friend who walks their dog.
10. When doing errands, park in a central location and walk to your store destinations.
11. Park in the space furthest away from the supermarket entrance.
12. Walk down every supermarket aisle, whether you need to or not.
13. Return the shopping cart all the way into the store after grocery shopping.
14. Don't stand around when waiting for the bus, train, elevator, for example, pace up and down or around in circles instead.

### At work

15. Take a walking break instead of a sitting break.
  16. Use the stairs instead of the lift or escalator.
  17. Park in the further space from your work entrance.
  18. Walk instead of driving if your distance is short.
  19. Instead of emailing or phoning a colleague, walk to their desk.
  20. Have a meeting while walking instead of just sitting in the office.
  21. Get up from your chair and take a 3-5 minute walk every hour.
  22. Walk to the photocopy machine or post-box, 1 document/letter at a time, instead of allowing them to accumulate and do 1 trip.
  23. Use the furthest entrance from your work area and walk through the building.
  24. Walk around the room or corridor if you're waiting for meetings to start.
  25. Use the toilet facilities, photocopier, drinks cooler etc. furthest from your desk.
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## Seasonal Topic

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## Relapse prevention

List below three warning signs that would indicate that you're relapsing.

Decide on an action that each warning sign will trigger.

**Warning sign number 1:**

**When this happens it will trigger me to:**

**Warning sign number 2:**

**When this happens it will trigger me to:**

**Warning sign number 3:**

**When this happens it will trigger me to:**

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**These are activities that I enjoy that make me feel better:**

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## Cooking and Keeping Healthy on a Budget

Here are some tips to help you to eat healthily on a budget.

### Planning

**Keep a list of your favourite recipes** so that you're not stuck for inspiration

**Plan your meals before you go shopping** so that you can mix and match ingredients to avoid wasting leftovers. Be realistic about what you will want to cook and eat.

**Plan to use foods that are in season**, as these tend to be cheaper.

**Base meals around starchy carbohydrate** such as pasta, rice, oats, bread or potatoes as these tend to be both filling and cheap.

**Make a list** to help you avoid impulse buys

**Use the “No choice” rule** to avoid unplanned snacks

**Take a packed lunch** to work as this could save an estimated £40 a month

### Shopping

**Shop regularly** so that fresh food doesn't go to waste.

**Buy less pre-prepared food** ready meals, biscuits, sweets and pre-chopped vegetables and fruits can all bump up the cost of your shopping.

**Avoid temptation** and only visit the aisles you need to and don't go shopping when you're tired and hungry.

**Look out for special offers** but only on healthy foods that are on your plan. Try to stick to non-perishable or freezable foods.

**Compare prices** between branded foods, own-brand foods and local markets.

### Preparing and storing

**Cook the right amount** for either a single meal or prepare meals in bulk and freeze extra portions. The “love food hate waste portion planner” helps you decide how much to cook:

[www.lovefoodhatewaste.com/perfect\\_portions](http://www.lovefoodhatewaste.com/perfect_portions)

**Regularly rotate your store cupboard** so that older produce is used up first.

**Label leftovers** so that you know when they should be eaten by. Most food can be kept for two to three days.

**Making meals at home** rather than opting for a ready meal or takeaway is often cheaper and healthier e.g. an average ready meal lasagne can cost £4.50 whereas a bolognese pasta bake can be made for £1.25 per portion.

**Make the meat go further** by adding extra vegetables or pulses e.g. mushrooms and grated carrot in a bolognese or chick peas and red peppers to a chilli.

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**Frozen, dried and canned fruit and vegetables** count towards your 5-a-day and have a much longer shelf life.

**Canned fish** provides you with omega 3 fats e.g. mackerel and salmon. Go for the ones in spring water or tomato sauce rather than brine or olive oil.

**Preserve and store excess fresh fruit and vegetables** e.g. blanch vegetables in boiling water for one minute, run under cold water, pack in an airtight bag and then freeze

**Make use of cheaper cuts of meat** by cooking them slowly or using a marinade to tenderise them. Boil up the chicken carcass to remove all the meat.

**Save energy whilst cooking** e.g. by using pan lids and not over filling the kettle. The Energy Saving Trust has a list of tips that may help: [www.energysavingtrust.org.uk/Easy-ways-to-stop-wasting-energy/](http://www.energysavingtrust.org.uk/Easy-ways-to-stop-wasting-energy/)

## Further tips and recipes

- World Cancer Research Fund: Budget Bites, Healthy Eating on a Shoestring  
[www.wcrf-uk.org/PDFs/BudgetBites.pdf](http://www.wcrf-uk.org/PDFs/BudgetBites.pdf)
  - Weightwise: Starting out on your Own  
[www.teenweightwise.com/smart\\_food\\_choices/starting\\_out.html](http://www.teenweightwise.com/smart_food_choices/starting_out.html)
  - NHS Choices: Eat well on a budget  
[www.nhs.uk/Livewell/loseweight/Pages/Eatwellcheap.aspx](http://www.nhs.uk/Livewell/loseweight/Pages/Eatwellcheap.aspx)
  - British Heart Foundation: Healthy Eating on a budget  
[www.bhf.org.uk/heart-health/prevention/healthy-eating/healthy-eating-on-a-budget.aspx](http://www.bhf.org.uk/heart-health/prevention/healthy-eating/healthy-eating-on-a-budget.aspx)
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## Challenges and strategies for BBQs and buffets

If you only go to buffets or barbeques very occasionally then the best plan may be to plan to simply enjoy it. However, if they come up regularly then they can make managing your weight more difficult.

You can make lower-calorie choices, and still enjoy eating out and carry on losing weight.

### **Try to make sure that you don't overeat... remember how much you would normally eat for lunch or dinner.**

- Don't make yourself absolutely starving before you go
- Plan what you are going to eat in advance and fill your plate just once
- Choose smaller portions and if possible choose a smaller plate/glass
- Try not to stand/sit too near the food table
- Take your time and enjoy your meal, company and surroundings
- Chew your food well
- Finish each mouthful before taking another bite
- Don't feel bad for leaving food
- Take one or two short breaks from eating
- Practice how to say no to persistent friends
- Take your time eating and aim to be the last person to finish

### **Try to choose healthier foods... before putting it on your plate consider whether you really need it.**

- Where possible remember the portion plate:
    - half a plate of vegetables or salad e.g. carrot sticks, vegetables kebabs, cherry tomatoes (choose a fat free dressing if possible)
    - quarter of the plate can be protein, meat or fish... go for lean meat, take the skin or fat off if possible - barbecuing is similar to grilling so can be a healthy choice
    - quarter of the plate can be starchy foods such as bread, rice or couscous salad or jacket potato (steer clear of mayo based potato salad)
  - Choose lower fat foods... minimise pastry, fried foods, mayonnaise (coleslaw & potato salad), fatty meat & skin, battered foods
  - Be careful with the extras (e.g. chips & dips, crisps, onion rings, garlic bread, cheese, relish etc.). Many dips are high in calories... choose yogurt or tomato based dips, ketchup, chilli or sweet corn relish rather than mayo
  - Sorbets and fruit desserts tend to be healthier choices for dessert
  - Choose low calorie drink options
  - Dilute wine with soda water or choose long drinks made with low-calorie mixers
  - Alternate alcoholic drinks with low-calorie drinks
  - Drink water alongside your alcoholic drink
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## Managing holiday eating and tackling holiday inactivity

Holidays and celebrations, from office parties, family dinners and social functions, make it seem impossible to not gain weight. For many, holiday weight gain is the one “gift” they really want to return after the season is over.

The goal is to get through the eating season without gaining an ounce, with the help of these seven strategies devised by dietitians.

### 1. Limit or No Alcohol

It's hard not to drink when everyone else is, but alcohol ups your appetite, makes food seem more appealing and decreases your resolve to eat well.

Not to mention the empty calories in alcohol: A regular beer has 150 calories; light beer, 100; a glass of wine, 120; a shot of alcohol, 100. Spiked eggnog has 300 calories and most cocktails are 250-300 calories.

If not drinking makes you feel a bit anti-social, go for calorie-poor options like a half-shot of distilled spirits mixed with a calorie-free beverage or a wine spritzer.

### 2. BYOD = Bring Your Own Dish

Bring a healthy dish to share at a holiday dinner. Most people will bring a bottle of wine or desserts, so why not bring a veggie crudité and a trio of healthy dips, a lighter cranberry sauce or large fresh fruit salad topped with mint leaves.

### 3. Keep Problem Foods Out of Your Home

Keep ‘trigger foods’ out of the house. Out of sight – out of mind – out of mouth. Studies consistently show we'll eat more if those foods we love so much are visible and readily available.

If you can't control yourself with homemade baked goods in the house, then don't bake or buy them or let someone else bring them.

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## The Hunger Scale

### 4. Honour Your Hunger


Eat when you're hungry and stop when you're full, and you don't overeat.

Eat in a well-balanced way most of the time and then allow yourself to eat what you want at the big holiday meals while following your hunger fullness cues.

Use the Hunger Scale over the holidays to help you keep on track.

1.	You're so hungry you'll eat anything
2.	You can't ignore your hunger and everything looks and sounds good to eat
3.	Your stomach is growling and you have hunger pangs
4.	You can feel you're getting hungry and it's time to think about what to eat
5.	You're neither hungry nor full
6.	Just right; you're satisfied but could easily eat more
7.	Totally satisfied; hunger is gone and you won't be hungry for hours
8.	You're full and don't want anything else to eat
9.	You feel stuffed and uncomfortable
10.	You're painfully full and may even feel sick

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 **Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7) to help keep portions and calories in check.**

### 5. Say Thanks, but no Thanks

Just because food is offered, doesn't mean you have to eat it. Even if you're attending an expensive four-star restaurant, it doesn't mean you have to eat until you feel sick.

### 6. Get Some Exercise Every Day

Don't put your health on hold by saying there's 'not enough time.' On the days that you exercise, you'll eat better. Exercise releases "feel good" chemicals in your brain, and if you don't get this chemical release through exercise, you'll reach for food to release such chemicals (i.e. high fat and refined carbohydrates).

### 7. Move up the festivities

This may not be for everyone, but it can work. Plan your holiday dinners earlier in the evening or late afternoon.

You'll find there is less time spent on loading up on appetizers and cocktails before dinner and it is a way that people seem to combine lunch and dinner into one larger meal.

## Festive Fun to Keep Weight Off

To help put food calorie content into perspective, here are some fun ideas of how you can keep weight off.

But above all... remember to enjoy the festive period!

\*All exercise based on 11 stone/69kg person



### Snacks

- 1 mince pie (205kcal) – **60 mins ballroom dancing**
- 1 gingerbread man (105kcal) – **15 mins ice-skating**



### Christmas dinner

- 3 slices of roast turkey (120kcal) – **30 mins cleaning**
- 120g roast potatoes (170kcal) – **50 mins bowling**



### Puddings

- 75g Christmas cake (260kcal) – **55 mins water aerobics**

### Drinks

- 1 pint (568ml) of beer (180kcal) – **40 mins slow cycling**
- 1 average glass (125ml) wine (85kcal) – **30 mins walking**
- 1 measure (25ml) Baileys (90kcal) – **20 mins Tai Chi**



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## Christmas Food and Drink Quiz

1. How many calories does the average person consume on Christmas day?

- A) 4,000 calories                      B) 6,000 calories                      C) 9,000 calories

2. In order to burn off the Christmas day calories, you would need to walk for?

- A) 5 hours                      B) 10 hours                      C) 20 hours

3. What will provide the lowest calories?

4. What is the average weight gain at Christmas?

- A) 0.5 – 1kg                      B) 2 – 3g                      C) 4 – 5kg

5. What liqueur goes in Christmas butter?

6. Where does Stollen originate from?

7. How many calories does a mince pie contain?

- A) 150 calories                      B) 250 calories                      C) 350 calories

8. And, how many minutes of running would it take to burn off those calories?

- A) 15 minutes                      B) 30 minutes                      C) 60 minutes

9. How many different chocolates are in a tub of celebrations?

10. How many calories are in a tub of celebrations?

- A) 1900 kcals                      B) 2700 kcals                      C) 3300 kcals

11. On average, how many calories does a Christmas dinner contain?

- A) 750 calories                      B) 950 calories                      C) 1200 kcals
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12. In the Christmas song, what was roasting on an open fire?

13. Where did the candy cane originate from?

14. What food (wrapped in twists of paper), inspired the British confectioner Tom Smith to create the Christmas cracker in the 19th century?

A) Aniseed Twists    B) Mint Imperials    C) Bon-Bons

15. What should you eat one of for each of the 12 days of Christmas if you want good luck?





## Christmas

At Christmas we're often surrounded by masses of delicious food and drink. While there is no reason to feel guilty about enjoying yourself, it's worth remembering that, on average, people gain from 1-5lbs (1-2.5kg) over this holiday period. But don't despair, you can enjoy yourself and make healthier choices too.

Did you know that many people eat their way through about 6,000 calories on Christmas Day? That's about three times as much as we need. So, think about your portion sizes and follow these simple tips to help you eat, drink and be healthy.

### Start the day with a healthy breakfast

Try breakfast cereals, porridge, wholegrain bread/rolls, English muffins, scones, malt loaf, fruit bread and bagels which are all good sources of energy to help get you through a busy morning and they're all low in fat too. Choose wholegrain varieties whenever possible to ensure a good fibre intake to keep you feeling full, so you are less likely to snack throughout the morning.

Adding fruit will boost your 5-a-day target, why not try seasonal citrus fruit like satsumas and clementines, or stewed or baked apples with fresh/dried dates, figs or cranberries. You could add a small 150ml glass of fruit juice or a fresh fruit smoothie. Vegetables such as mushrooms or grilled tomatoes are tasty on toast or in an omelette and baked beans also count as one of your 5-a-day! Fruit and veg are a great source of both vitamins and fibre.

Low-fat yoghurt or milk (or non-dairy alternatives fortified with calcium e.g. soya or coconut milk) on cereal, to make porridge or added to a smoothie will give you calcium for strong teeth and bones.

### Christmas meal

**Starters** Try smoked salmon, which is a good source of omega-3 fatty acids, needed to keep your heart healthy; melon or vegetable soup a further boost to your 5-a-day target.



### Main course

Turkey is low in fat and high in protein (to help your body grow and repair) so enjoy it. Most of the fat that is present in a cooked turkey will be found just under/in the skin. Why not take the skin off before you tuck in? A side of salmon is also a great alternative to meat. If you are a vegetarian try a roasted vegetable medley with added nuts, seeds, beans or pulses for protein.

### All the trimmings:

**Roast potatoes** Use unsaturated vegetable oil like rapeseed or sunflower oil rather than goose fat or lard; try using a spray or brush which spreads less fat further and roast on a non-stick tray/foil. Cut the potatoes into large chunks, as these absorb less fat than smaller ones.

### Fill up on vegetables

Aim to cover at least a third of your dinner plate with a variety of vegetables, such as unbuttered Brussels sprouts, peas and carrots which are all rich sources of vitamins, minerals and fibre to help protect against heart disease and cancer. Cook for the shortest length of time possible in the smallest amount of water necessary, steam or microwave to keep all the nutrients in. As long as they are not covered in butter or any other fatty spreads, all vegetables are low in calories and fat and contribute to your 5-a-day.





**Gravy, stuffing and sauces** Use a chestnut and/or fruit-based stuffing and make bread sauce with low-fat milk. When making gravy why not use the water from your cooked vegetables? If using meat juices, let the fat rise to the surface, then skim it off and use what's left behind.

**Pigs in blankets** If you can't resist these, grill or roast alongside your meat instead of frying so you can throw away the extra fat.

### Dessert

Christmas pudding is packed with fruit and quite low in fat, so to keep it this way, serve with low-fat custard or crème fraiche. You could also prepare a fresh fruit salad and serve with natural yoghurt. Homemade mince-tarts with filo pastry are just as tasty as mince pies with less pastry, so less fat!

### Cheese and crackers

Cheese is creamy so you won't need butter and a stronger cheese means you can go for a smaller portion. Lower-fat options include Edam, goats cheese, camembert or Danish blue. Choose wholegrain crackers or oatcakes.

### Leftovers

Turkey or salmon sandwiches on wholemeal bread with a low-fat spread or spicy chutney and plenty of salad are a delicious, filling and healthy lunch or supper. Leftover vegetables can be made into soup or mixed together and turned into a traditional bubble and squeak – mash or chop the veg, adding onion, garlic and herbs if you like, with a spray of olive or sunflower oil in a non-stick pan, press down and then flip over once crispy and brown to cook the other side. Serve alone or with leftover cold meat or salmon.

## It's usually all the little extras that pile on the calories...

### Alcohol

Remember, drinks have calories too. Why not alternate your alcoholic drinks with non-alcoholic ones (remember if you are having fizzy drinks choose sugar free or diet varieties), or even better, offer to drive and don't drink alcohol. Try sparkling water with a few slices of seasonal fruit, or warm through some unsweetened apple juice with spices for a non-alcoholic warm drink. Always have a jug of water on the table at mealtimes.

### Snacks

With all the tasty snacks around at Christmas it's easy to over-indulge. So if you can, keep tempting treats out of sight and make sure you have healthy options to hand:

- satsumas are a great source of vitamin C and look festive, so keep a large bowl of these and other fruit handy
- chestnuts are the only low fat nuts around, so roast a few and leave the salted peanuts to one side
- choose a handful of unsalted nuts, plain popcorn or pretzels or raw veg and low fat dips
- dried fruit makes a tasty snack – dates, figs and apricots are all good choices.

## Above all enjoy yourself!

Don't forget that being active will help you work off those extra calories. Why not dance the night away at all those office parties and on Christmas day, wrap up warm and go for a walk after lunch.

## Summary

Christmas is a wonderful time to eat, drink and be merry - following the tips in this Food Fact Sheet will help you have a good time without overindulging. After your main meal, go for a brisk walk to burn off the extra treats you couldn't resist.

**Further information:** Food Fact Sheets on other topics including Healthy Eating, Sport and Fruit and Veg - how to get five a day, are available at [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)



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This Food Fact Sheet and others are available to download free of charge at [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)

Written by Frankie Phillips, Dietitian. Updated by Frankie Phillips and Sian Porter, dietitians.  
The information sources used to develop this fact sheet are available at [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)  
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