

Exert Advice

ANGELA DOWDENS WINTER DIET GUIDE

Our expert nutritionist Angela Dowden has 12 years experience in nutritional consultancy, advising on foods for a well balanced diet. Check out her guide below on how to avoid those extra calories this winter.

Coping with Christmas festivities



We all love the special spirit that Christmas brings and the opportunity to look our best for the festive season. However, it's the time of year that's most challenging to your waistline and healthy diet. But with a few tips and tricks you can easily negotiate the endless whirl of festive drinks, office parties and canapés. Here's how to do so and stay trim and healthy!

Buffet Food



The problem with party food is the variety - you are likely to eat more at a buffet than at a normal meal, as there are different flavours and textures to tickle your taste buds.

Top Tips to avoid those extra calories:

- ✓ Fill up your plate properly the first time (with the same amount of food that you'd normally eat for a main course), and avoid going back for seconds.
- ✓ A good rule is to fill two thirds of your plate with low energy density foods such as undressed salad and starchy carbs (e.g. plain baked potatoes, unbuttered bread or rice salad) and the rest of the plate with something protein-based (chicken, ham or houmous), plus one or two of any treats you fancy.
- ✓ Grab a handful of cashews - a small handful isn't going to break the calorie bank and they are rich in iron and B vitamins to prevent flagging energy levels.
- ✓ Not all pastry is bad - choose filo for a low fat option.



✓ Hosting your own buffet? Guests will never notice if you include some delicious Canderel sweetened foods, and you'll save loads of calories! Check out the ideas in the [Canderel Kitchen](#) for inspiration.

SLIMLINE SWAPS

Instead of a fish goujon with tartare sauce (65 calories), have a [Prawn Bite](#) with Canderel-sweetened sweet and sour dipping sauce (40 calories)

Instead of a chicken wing (137 calories), make some mini [Yakitori Chicken Kebabs](#) (103 calories)

Instead of a mince pie (135 calories), have a [Cranberry Filo Tart](#) (56 calories)

Drinks Parties



With 7 calories per gram, alcohol has nearly as many calories as fat. That's why it's really important to go easy and choose the right sort of drinks if you want to keep your waistline intact and avoid hangover misery.

Top Tips to avoid over indulging:

- ✓ Intersperse high calorie booze with mineral water or diet soft drinks. Or turn a glass of wine into a spritzer with fizzy mineral water to make it last longer.
- ✓ Try not to have more than three units (that's the equivalent of two small - 125ml - glasses of a 12 per cent ABV wine) through the evening. It's enough to be safe but still let you have fun. Your body can metabolise around one unit of alcohol an hour, so at least aim not to drink at a faster rate than this.
- ✓ Avoid too many drinks with high levels of toxic congeners. These are flavouring and colouring agents that can make hangovers much worse. As a rule of thumb, levels of congeners are higher in deep red and brown drinks, and lower in pale/ clear drinks.
- ✓ For a tippie with a low calorie difference - and only 97 calories - why not make [Champagne Jellies](#) sweetened with Canderel.



✓ If you think you've over done it, drink plenty of water before bed to avoid being dehydrated and hung-over.

✓ If there are canapés to eat as well, consider 6-8 canapés to be equivalent to a light main course.

SLIMLINE SWAPS

Instead of 1 bottle full sugar alcopop (200 calories) try a Green Gin Cocktail (67 calories)

Instead of 1 x 50ml glass of Irish cream liqueur (175 calories) have 1 glass (125ml) of red or dry white wine (85 calories)

Instead of 1 pint beer (170 calories) have 1 measure (25ml) of whisky or brandy (52 calories)

Christmas Lunch



Turkey and trimmings doesn't have to be a waistline disaster if you're a little bit careful!

Top tips to keep your lunch trim:

✓ Pile your plate with a large portion of white meat as it's low in fat but high in protein which studies show helps blunt your appetite. Ditching that sliver of skin on the edge off each slice will save you 43 calories per average serving.

✓ Stay sleek in your party dress by not adding salt to your Christmas lunch. Too much salt can attract water, making you look and feel bloated.

✓ Pile on the veg! Brussels sprouts, carrots and peas are packed with antioxidants that help look after your immune system so you're less prone to winter sniffles.



✓ After you've laced the pud with brandy or rum, set a match to it. This burns off the alcohol calories but retains the flavour.

✓ Sweeten your brandy custard with Canderel for a lower calorie version. Each teaspoon of sugar has 20 calories, whereas each teaspoon of Canderel granules only has 2 calories.

SLIMLINE SWAPS

Instead of 3 traditional roast potatoes (335 calories), have 2 oil-brushed roast potatoes and a boiled new potato (186 calories)

Instead of a tablespoon of bread sauce (81 calories), have a tablespoon of cranberry sauce (29 calories)

Instead of two bacon-wrapped sausages (212 calories), lose the bacon and cook some plain cocktail sausages then sprinkle with Canderel granules to make yummy sticky sausages (168 calories for a portion of two)