



WELL-BEING

PARTY PLANNER

'Tis the season of overindulgence! Cocktail parties, cookie exchanges and celebrations can leave us with an unwanted holiday haul: extra pounds. Here, we reveal healthy ways to manoeuvre around the buffet and bar while still eating, drinking and being merry
By Carli Whitwell

FULL SPEED AHEAD

GREEN-LIGHT THESE HEALTHIER OPTIONS



THE TIPPLES

All those holiday toasts can add up to a lot of calories – and it's a vicious cycle. Sugar-laden spirits and mixers cause your blood sugar to spike and then crash, notes celebrity trainer Valerie Waters. That makes you want sugar, which is why you might find yourself reaching for the cookie tray. Sipping cocktails also means more stops in the bathroom, which creates a craving for sodium. Skip the eggnog and opt for lower-calorie alcoholic beverages such as champagne (91 calories a glass)

or wine or wine spritzers. White wine has 140 calories a glass and light reds about 135 to 165 calories. A bonus for Malbec drinkers? Red wine also contains the antioxidant resveratrol.

THE TREATS

Give yourself the gift of a full stomach by noshing on lean sources of protein and vegetables, advises nutritionist to the stars Lisa DeFazio. Vegetables are full of fibre, vitamins and antioxidants, and you can eat a lot for few calories. Proteins will "help satisfy you," says registered dietitian Abby Langer. She suggests seeking out shrimp cocktails (a dollop of cocktail sauce won't hurt) and chicken skewers.



TABLET EXTRA

HOLIDAY TIPS TO STAY ON TRACK

1 FILL UP Cutting calories all day in preparation for a night out may seem like a smart move, but it can cause your resolve to go into a tailspin, especially when wine starts flowing. "Alcohol lowers your inhibitions, so foods you would normally turn down start looking attractive," says Abby. Instead, load up on vegetables, fruit and protein. Lisa recommends a vegetable omelette and toast for breakfast and salad with chicken at lunch.

2 HIT THE GYM With all the holiday shopping and cookie baking, exercise can be pushed to the back burner. Try to squeeze in extra workouts before your schedule ramps up. Valerie calls this "fitness in the bank." Boost intensity with heavier weights and cardio strength training such as squats, lunges, push-ups and the like. Remember: even if you have just 20 minutes, anything is better than nothing.

3 ENJOY YOURSELF! "Everyone's going to go off the rails at least once this holiday season," says Abby, who swears by the philosophy that the holidays are about maintaining weight rather than trying to lose it. After a blowout, get on track the next day. "Take a walk, eat healthy and don't feel you blew it. There are 3,500 calories in a pound, so you may feel bloated, but don't stress out about it," says Lisa.

SLOW AND STEADY

PROCEED WITH CAUTION WITH THESE DELICIOUS SNACKS AND SIPPERS



THE TIPPLES

Your best middle ground, according to experts, includes skinny versions of your favourite cocktails. For example, if you like daiquiris, swap the super-sweet frozen mixture for a DIY version and you can save yourself 300 calories. Light beer is another option. A 12-ounce can has about 50 fewer calories and fewer than half the carbohydrates of a regular beer. If hangover-free mornings are on your Christmas wish list, be sure to alternate each alcoholic beverage with a glass of water.

THE TREATS

If you're up for a little indulgence, good options include cheese or quiches, which both contain hunger-quelling protein. Sushi is also a decent choice. Fish is low-fat, contains heart-healthy omega-3 fatty acids, calcium and vitamin D. Just beware any fried additions or lashings of rice. Also remember that all those hors d'oeuvres can add up. "You take, take, take all these little things and suddenly you've eaten 1,000 calories," says Abby.



RED ALERT

PUT THE BRAKES ON EATING TOO MANY OF THESE DECADENT DELIGHTS

THE TIPPLES

Piña coladas. Baileys. Eggnog. Do you hear what we hear? Trouble! Piña coladas and their ilk can contain as many calories as a cheeseburger; Irish cream liqueur is full of saturated fat, and eggnog boasts about 350 calories per cup. Mixed drinks are hidden landmines. A shot of vodka has between 60 and 100 calories, but that skyrockets when you add fruit juice, lemonade or pop. "Sodas will be high in sugar and calories, so don't waste calories on them," says Lisa. Swap them out for a club soda or diet pop.

THE TREATS

Studies show that most of us gain about a pound during the holidays. That can add up over the years. Overdoing it on anything creamy (think crab cakes and dips), fried or flaky (those delicious sausage rolls) are big no-nos. "They're just dripping in fat. Anything that leaves a mark on your napkin is a terrible choice," says Abby. That goes for pastries, too. These are typically made with white flour, which means fewer nutrients and fibre. "You want to avoid the fast carbs – white flour or sugars – so any cookies, candies, pizzas and bread," says Valerie. Adds Abby: "Remember this rule: 'You can have one of anything, just don't have one of everything.'"



FOOD FOR THOUGHT

EXPERTS WEIGH IN ON THE FAVOURITE HOLIDAY INDULGENCES OF THE STARS



RASHIDA JONES STUFFING

THE DISH Even celebrities have trouble cutting down on stuffing. "I'll eat stuffing past the point where it's comfortable because it tastes so good," says Rashida.
THE VERDICT With the butter and the bread, this might be the worst thing at the buffet. "I tell people if you really love it, have a quarter cup," says Abby.



NICOLE RICHIE EGGNOG

THE DISH Reality TV star Nicole likes to deck the halls with a glass of eggnog. "People actually think it's really gross, but I love it."
THE VERDICT Go easy on this treat, which is traditionally made with cream, egg yolks and lots of sugar. "It's like a milkshake, basically," says Abby.



JENNIFER ANISTON HOT CHOCOLATE

THE DISH Justin Theroux isn't alone in keeping Jennifer Aniston warm this season – she loves hot chocolate.
THE VERDICT Drink in moderation. There's lot of sugar in hot chocolate, but not as much as in pie. Use low-fat milk, cut down on the cocoa mix or make it from scratch.



KIM KARDASHIAN CRANBERRY SAUCE

THE DISH Kim Kardashian West loves cranberry sauce. "I can eat the whole can!"
THE VERDICT While this is one of few fat-free seasonal foods, cranberries are tart, so they need sugar – and lots of it! Make your own sauce so you can control how much you add.



GLENN CLOSE BRUSSELS SPROUTS

THE DISH The Oscar nominee's Brussels sprouts recipe, made with rosemary, a little olive oil and salt and pepper, is a family favourite.
THE VERDICT Indulge away, say our experts. Brussels sprouts are loaded with vitamins, fibre and healthy monounsaturated fats.

STAY AWAY X
GO FOR IT ✓