

## TIPS FOR FAT CONTROL OVER THE FESTIVE SEASON

<b>Eat Breakfast</b>	Missing breakfast can set you up for the temptation of over eating later in the day. Porridge with nuts and yoghurt combines protein and carbohydrate for slow releasing energy.
<b>Make a shopping list to avoid wastage &amp; overeating</b>	Check your food cupboards, fridge and freezer. Plan your meals and make a shopping list. Cut wastage, food bills and control waistline.
<b>Mindful eating</b>	How many canapés did I have? How many glasses of wine? Being more aware of what you are eating and drinking will help you to eat less, eat healthier and enjoy more.
<b>Know your portions</b>	Visualise your normal portion size of proteins, vegetables and starchy carbs and recreate it from the foods on offer.
<b>Slow down</b>	Chew your food well and savour every mouthful. Eating too fast can result in over indulging, digestive discomfort and spoil the fun.
<b>Manage your appetite</b>	Have a break of 3 to 4 hours between snacks and meals. Eating continuously can result in loss of appetite control and overeating.
<b>Choose your favourite calories</b>	Don't waste calories on foods offered that you might not enjoy.
<b>Substitute</b>	Replace some of your usual snacks with festive treats rather than having them as add-ons.
<b>Quality not quantity</b>	Enjoy fresh, seasonal and local produce which are likely to provide you with the maximum number of nutrients.
<b>Don't miss healthy festive treats</b>	Nuts, dried fruit, game, dark chocolate. Sources of antioxidants and protein to support the immune system and keep you fit for the festivities.

<b>Runner's Christmas lunch</b>	Christmas lunch can be the perfect meal for runners. Turkey - low fat high quality protein, Cranberries - antioxidants to boost immunity, Sprouts - magnesium and B vitamins for energy, Parsnips - oligosaccharides supporting good digestion. ENJOY!
<b>Drink wisely</b>	Know what you are drinking. Both alcoholic and non-alcoholic cocktails can be a source of hidden calories.
<b>Home cooking</b>	Making homemade festive foods e.g. cranberry sauce, chocolate truffles, canapés, means you can stay in control of the ingredients, creating lower calorie healthier versions.
<b>Stay in touch</b>	Stay in touch with your appetite and stop eating when it is satisfied.
<b>Stay hydrated</b>	Water throughout the day will help keep you thinking clearly, excreting efficiently and looking wonderful.
<b>Feed your brain</b>	Choose salmon (oily fish), nuts and green leafy vegetables high in omega 3 for calm and good food decisions.
<b>Sleep well</b>	Tiredness from lack of sleep can leave you craving for fast releasing carbohydrates to stay awake, meaning poor food choices.
<b>Balance energy in &amp; out</b>	Increasing intensity of training sessions can ensure that you burn up extra calories consumed.
<b>Run in the morning</b>	Runs scheduled for the morning are less likely to be disrupted by impromptu invites.
<b>A running treat</b>	Running can be as much of a treat as the festive food. Treat yourself to a long run with friends over the New Year weekend to balance out the calories.
<b>Focus on your training targets</b>	When is your next event scheduled? You might well be able to afford a few extra calories.
<b>Start your New Year resolution now</b>	No need to wait until the New Year to make healthy changes.