

DID YOU KNOW?..

The average person will consume nearly 6,000 calories, or three times the average daily amount for women, on Christmas Day alone!

GDA's
Guideline Daily Amounts as recommended by the Government, advise a daily calorie intake of approx. 2,500 for men, 2,000 for women and 1,800 for children.

*This fact sheet comes with a disclaimer: We understand that Christmas should be enjoyed to the full. That said, if you don't want to go overboard this Christmas or you're simply trying to avoid trying to sweat

off the pounds in the gym come January, then take a look at some of the ideas for alternatives to the traditional Christmas dinner which will help you stay within a healthy calorie range (approximately 2,500kcal) - and you won't have to miss out on any of the festivities...

Alcohol: Know Your Units!

UK researchers commonly define binge drinking as consuming more than six units of alcohol in a single session for men and women. Reduce your health risk from binge drinking by:



- Drinking more slowly,
- Drinking with food,
- Alternating with water and/or non-alcoholic drinks.

Top Tip!: Remember to consider your calorie intake from your drinks and not just your food.



GOVERNMENT ADVICE:

To keep health risks from alcohol to a low level:

- Men and women are advised not to drink more than 14 units a week on a regular basis.
- Spread your drinking over three or more days if you regularly drink as much as 14 units a week.
- If you want to cut down, try to have several drink-free days each week.

Xmas Day for Under 2500 kcals

Healthy Christmas Breakfast: Scrambled eggs on toast contain approx. 80 kcals per egg and 50-100 kcals per slice of bread. This includes 1 tbsp. of milk and 1 tsp. of margarine per egg. Approx. 180kcal.



Combine with: Smoked salmon for a classic Christmas breakfast treat. Approx. 133kcal.

Total: 313kcal



Low Calorie Starter: Prawn & fennel bisque is a luxurious seafood soup that is rich in flavour. Perfect for entertaining and low in calories too! **Total: 120kcal**

Meaty Main: If you're a meat eater, turkey is a great option for Christmas dinner. Tradition aside, it's low in fat, high in protein and contains fewer calories per slice than chicken at approx. 100 kcals per slice of roasted turkey breast. **Total: 300kcal**



Veggie Main: A herby cheese roulade uses vegetarian Parmesan and can be made the night before. **Total: 300kcal**

Gravy: No roast would be complete without gravy. For a healthier option, why not make a vegetable stock gravy which can be kept in the freezer until you're ready to use it. **Total: 84kcal**



Festive Sides: Choose your favourites, keeping in mind calories are provided in relation to portion sizes. Some options are: Sticky carrots with thyme & honey - 73kcal, Christmas spiced red cabbage - 82kcal, Creamed spinach - 83kcal, Roasted cauliflower with garlic & lemon - 96kcal, Chunky roast potatoes - 168kcal, Stir-fried sprouts with green beans, lemon & pine nuts - 125kcal, Crispy honey mustard parsnips, 149kcal, Chipolatas wrapped in sage & pancetta - 103kcal, Apricot & hazelnut stuffing 124kcal.

Total (depending on portion size and selection): 824kcal



Dessert: There isn't a traditional Christmas pudding this side of Lapland that is low in calories. Clementine & prosecco Jellies are lovely, light & fabulously festive. **Total: 115kcal**

For more recipe ideas, search "Healthy Christmas" on www.bbcgoodfood.com

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