

Healthy Eating Tips for Christmas

Eat, drink and be merry with these expert tips on what to (and not to) eat.

Submitted by sgshape on Sun, 12/20/2015 - 08:00

The end of the year doesn't mean putting a halt on your diet resolutions. By Sasha Gonzales

Turkey, minced pies, Christmas puddings – the list goes on. The season of merriment and festive indulging is 'nigh, but it doesn't give you a free pass to eat everything at the buffet spread. We asked doctors and health experts what they do to avoid eating too much at year-end parties.



Dress up your salad like this Santa Claus one to entice guests - even kids! - to eat healthy at parties. (Photo:

Ekaterina Bratova / www.123rf.com)

1. Healthy eating tip for Christmas: Have high-fibre foods first

"I avoid overeating by filling up on high-fibre foods before anything else. This usually means fruits or salads with very little dressing."

- Dr Tey Beng Hea, senior consultant endocrinologist and director, Weight Management Service, [Jurong Health](#)

2. Healthy eating tip for Christmas: Maintain regular balanced meals

"I make it a point to have regular balanced meals, so I don't end up overeating at parties. It's easy to eat a lot when you're happy."

- Dr Peter Chen, central director, *Crawford Medical*

3. Healthy eating tip for Christmas: Don't eat too many festive treats

"I try not to exacerbate my already frazzled nerves by limiting my intake of festive treats. Too many goodies throw my blood sugar level off-balance, causing me to feel lethargic and irritable."

- Dr Julinda Lee, age-management specialist, *Age Management & Wellness Medical Centre by Dr Julinda Lee*

4. Healthy eating tip for Christmas: Stick to the healthy foods at buffets (or exercise after!)

"At a buffet, I usually stick to salads as well as baked and steamed dishes. If I've over-indulged, I make sure I work out for an extra 30 minutes the next day and watch my diet the following week."

- Dr Tong Khim Leng, chief and senior consultant cardiologist, *Changi Sports Medicine Centre*

5. Healthy eating tip for Christmas: Eat only what you like

"At Christmas, I eat only the foods I like and really want to eat – and not just because something's been placed in front of me."

- Dr Gwee Kok Ann, medical director and consultant gastroenterologist, *Stomach Liver and Bowel Clinic*

6. Healthy eating tip for Christmas: Have small portions

"I let myself indulge in Christmas treats like pudding and cake, but I go easy on the portions. Healthy serving sizes would be a matchbox-sized portion of fruit cake, half a mini mince pie or three cookies."

- Sarah Sinaram, senior dietitian, *Raffles Diabetes & Endocrine Centre*



Survey the Christmas spread and make your calories count – tiny helpings help! (Photo: hjllchen / www.123rf.com)

7. Healthy eating tip for Christmas: Take tiny helpings of desserts

"Christmas dessert displays are super tempting. I always survey the spread before deciding what to eat. Grouped together, they look amazing but when I scrutinise each one, I'd notice if they're too dry or have too much cream on them, and then I'd think to myself: 'Nah'. I only go for sweets that look good and make sure I take tiny helpings."

- Jaclyn Reutens, clinical and sports dietitian, *Aptima Nutrition & Sports Consultants*

8. Healthy eating tip for Christmas: Hydrate with this juice blend recipe

"I make a juice blend of fresh celery, beets, cucumbers and green apples, and drink it twice a day to hydrate my body and replenish the antioxidants."

- Dr Vanessa Phua, GP with an interest in aesthetics medicine, *Asia Health Partners*

9. Healthy eating tip for Christmas: Go raw after

"I go raw after all the indulgence, loading up on fresh salads of lettuce, celery, green apples, walnuts and red grapes. Instead of mayonnaise, I dress mine with cold-pressed olive oil and fresh lemon juice."

- Susie Rucker, nutritional therapist, *Body With Soul*
