





Make these smart swaps!

## NAUGHTY OR NICE LIST

SWAP THAT...

FOR THIS...



Starbucks Peppermint Mocha (446 calories)



Nescafe Gold Cool Mint Mocha (85 calories)



Costa Gingerbread Latte (310 calories)



Twinings Gingerbread Green Tea (4 calories)



Terry's Chocolate Orange (820 calories for a whole orange, 41 calories per segment)



Fresh clementine segments dipped in 25g dark chocolate (189 calories)

TOP TIP: Aldi Moser Roth dark chocolate comes in handy 25g bars!

# SWAP THAT...

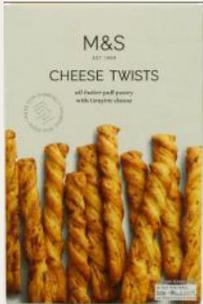
# FOR THIS...



Brandy Cream (140 calories in 2 tablespoons)



Half fat Creme Fraiche (50 calories in 2 tablespoons)



Cheese straws (up to 73 calories per straw!)



Original breadsticks (23 calories per stick)



Pork stuffing (276 calories per 100g)



Garlic, sage and onion stuffing (190 calories per 100g)



Café Nero Salted Caramel Hot Chocolate (466 calories)



Options Belgian Chocolate Salted Caramel (38 calories)



Crisps (approx. 161 calories per 30g serving)



Homemade healthier popcorn (93 calories per 30g)

Pop your own using a small amount of oil and flavor with a little salt, or even cinnamon for a festive flavor!

# Food for thought...

**EAT WHAT YOU LIKE...  
...and leave the things you're not so fussed  
about.**

It's easy to absentmindedly eat for the sake of it, because something's being offered to you or it's there in front of you.

So if you love Stollen but aren't bothered about mince pies – enjoy your Stollen but pass on the pie.

And beware of the dregs of the chocolate tin! You don't have to finish all those leftover Toffee Pennies if you don't really like them!



# MAKE THESE HEALTHY HACKS TO YOUR CHRISTMAS DINNER

## TOPLESS MINCE PIES

Take the pastry off the top of your mince pies – you'll save loads of calories and probably won't even notice the difference!



## SKIN YOUR TURKEY

Turkey is actually a very healthy meat – it's low in fat, high in protein and contains lots of nutrients. But it's the skin that contains lots of fat. By removing the skin from your portion you'll save calories – particularly on drumsticks where there's a higher skin to meat ratio.

## SKINNY BREAD SAUCE

Make your bread sauce using skimmed or semi-skimmed milk to save on calories and fat. Use bay leaves and nutmeg for flavour instead of salt.

## GO LARGE ON YOUR ROASTIES

No, we don't mean a large portion (sorry!) but large pieces. By cutting your potatoes and parsnips into larger chunks, they have less surface area and absorb less fat. Use a teaspoon or two of olive oil (with a couple of spritzes of 1-cal spray to top up if needed) instead of goose fat or butter, and season with rosemary or garlic rather than salt.

## CHEESE BOARD CHEATS

Cut cheese into thin slices so you'll consume less but still be able to enjoy the taste. Also fill your cheese board with healthy accompaniments like grapes and celery – there will be less space for excess cheeses!



# Food for thought...

## MAKE YOUR OWN!

Homemade food is often healthier than shop bought stuff – after all you know exactly what you're putting in it! Make your own cranberry sauce and reduce the sugar in it; use puff or filo pastry to make your own (topless!) mince pies instead of thick shortcrust pastry; fill your homemade yule log with quark/yoghurt instead of buttercream filling.

You can find healthy versions of pretty much any dish online – Google is your best friend!

## ...or check the labels!

We know not everybody has the time to make absolutely everything from scratch, and there are lower fat pre-made options available in the supermarket. Check and compare the food labels to choose the healthiest option.

		FAT	SATURATES	SUGARS	SALT
<b>FOOD LABEL DECODER</b> ALL MEASURES AS 100G/ML	<b>LOW</b> HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
	<b>MEDIUM</b> OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
	<b>HIGH</b> JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

# CHRISTMAS TIPPLE TIPS

## FANCY A TOP UP?

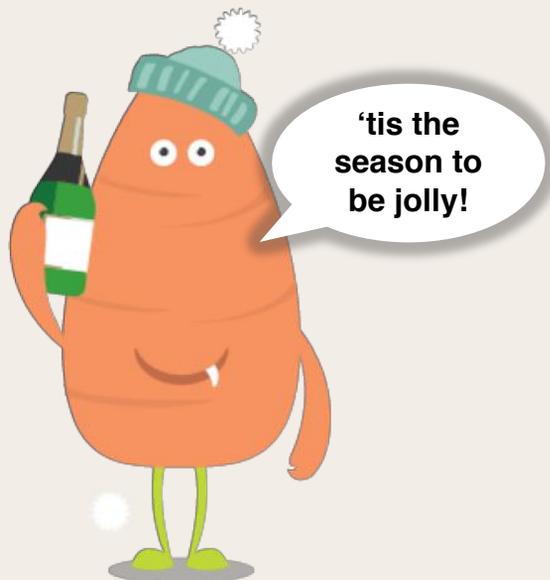
Say no to top-ups! Use a small glass and re-fill it yourself to stay in control of how much you drink.

## MAKE MINE A HALF

Swap your pint for a half – you'll probably end up drinking them at the same speed anyway and halve how much you consume!

## MARVELLOUS MIXERS

Go for single spirit measures and pair them with a low calorie mixer and ice – some lower calorie options are vodka, lime & soda, gin & slimline tonic, rum & diet coke.



# Food for thought...

## AIM FOR WEIGHT MAINTENANCE

If you're looking to lose some weight, that's great! But don't let it stress you out over Christmas.

By following our tips you'll be able to aim for weight maintenance over the festive period – allowing yourself to enjoy some Christmas treats, while still making healthy choices.

Come January, you'll feel great and be able to kick start the year where you left off, feeling motivated!



# Well done for trying to make healthy choices over Christmas! Now keep up the good work!

We would love to see you at one of our healthy lifestyles courses in January. We run programmes for people of all ages, shapes and sizes who need a little bit of support creating long-term healthy habits.

Get in touch with the BeeZee Bodies team to find out more about the programmes running in your area.

[info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)

Our family focussed sessions, filled with exciting activities!

A supportive weight management group for adults where everybody's welcome.

Our weight management group for women.

A no-nonsense way for men to lose weight, get fit and improve health.