



NUTRITION AND CELEBRATIONS

Enjoy the festive season without putting on weight

Some nutritional advice for year-end festive season meals.

Here are a few tips for light festive meals:

Having fun during the festivities is important.

- Be reasonable;
- Do not take a second helping; eat everything in moderation;
- Do not combine dishes that are rich in fat and sugar at the same meal;
- Do not add sauce;
- Drink plenty of water;
- If you are hosting other people, alternate rich and light dishes;
- Organise your party planning.
Schedule just one festive meal a day. If possible, avoid two such meals in a row;
- Even if an average Christmas meal provides 3400 calories/person, do not worry. A balanced diet is not achieved over just one meal;
- If you organise the meal, don't feel stressed. That will help you to avoid unreasonable snacking;
- Keep up regular physical activity.



A festive meal can be consistent with good health — Guide to the right kinds of food

Oysters (70kcal/100g)

They are low on calories and packed with oligoelements that are beneficial to our health including iron, iodine, phosphorus, copper, zinc and selenium. They are also protein-rich.



Smoked salmon (180kcal/100g)

This is an oily fish with plenty of mono- and poly-unsaturated fatty acids, especially precious Omega 3 which helps to increase the good cholesterol level.



Foie gras (450 kcal/100g)

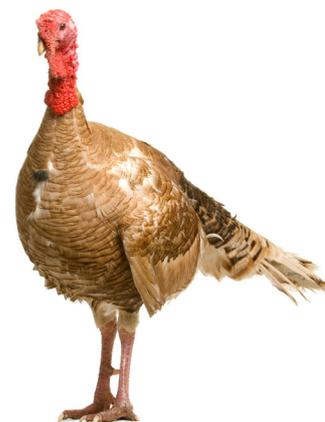
This has a much higher calorie content than fish and must be eaten with moderation. Foie gras is primarily a source of lipids (carbohydrates) (52.9 g/100g including 29% mono-unsaturated fatty acids). Like the previous types of food, it is also a source of iron and many minerals (phosphorus, potassium, magnesium and sodium) and contains plenty of vitamins (vitamin C 31mg/100g, vitamin A and vitamin B9).



Game and poultry

Apart from goose, these kinds of meat are low in fat. As a guide, venison provides 170 kcal/100g.

Turning to the familiar Christmas turkey: remember that turkey is the leanest type of meat and an excellent source of protein. It is also rich in minerals: phosphorous, iron, zinc and selenium and vitamins of the B complex (B3, B5, B6, B12).



Champagne

Like every other kind of alcohol, this should be drunk in moderation (12% of alcohol by volume). Important note: champagne is rich in antioxidants (19 phenolic compounds).



And when the festivities are over, what to do about your weight?

- Resynchronise your biological clock;
- Get back to a correct rhythm;
- Not more than 3 to 4 meals a day. Avoid snacking;
- Do not miss out on any meals;
- Drink plenty of water.

Keep moving:

- At least 30 minutes walk a day (at a lively pace);
- Use the stairs whenever you can;
- Don't take your car for short journeys;
- Take advantage of the snow (if there is any).