

STYLE SCENE

November 2009



The 100 calorie guide to keeping Christmas cheer under control

Christmas is a time to eat, drink and be merry, throwing caution to the wind and overindulging. It's only when January 1st hits, you wish you'd consumed a little less cheer and a lot less calories.

And while it is perfectly okay to indulge for one day, the festive season seems to be getting longer each year, with celebrations beginning as early as mid November.

But, don't worry, there is a foolproof way of getting you through the festive season 100 calories at a time. And you don't have to miss out on all the yummy things!

Even though the festive season is traditionally a time to socialise more, eat more and completely relax your normal routine. It's also a time when mindless overindulgence can cause you grief once the last Christmas cracker has been popped and the last slice of turkey has been eaten.

To keep your Christmas indulgences under control, it's a good idea to learn how to count calories by the hundreds so you know the calorie content of that handful of nuts or chips eaten at a party.

The same goes for alcohol. Familiarise yourself with what 100-calorie portions of alcohol or soft drink look like.

To make it easy, follow these size guidelines for getting your portions right so you can choose from your favourite festive foods without blowing your diet, knowing these serving sizes each contain 100 Calories:

- Christmas fruit cake – 35g slice
- Dairy Farmers Vanilla Custard – 1 x 140g tub
- 1 scoop ice cream – 100ml
- Christmas candy cane – 1 x 12cm cane
- 1 Meringue nest + 50g yoghurt + berries
- 1 Lindt Lindor Ball
- 10 Choc-coated peanuts
- 17 Vita-weat grain snacks
- Cashew nuts – 14 nuts or 20g
- Hommous dip – 33g + carrot / celery sticks
- 60g smoked salmon



- 5 Arnotts Jatz + 2 tsp low fat dip
- 1 33g wedge Brie cheese
- 1 small (20g) packet potato crisps
- 1 cup shelled prawns
- 10 black or green olives
- 1 dim sim, party pie, party sausage roll or mini spring roll
- 150ml red or white wine or champagne
- 60ml port or 45ml spirits
- 1 Beer stubbie light 375ml
- 250ml can soft drink
- 200ml juice



So armed with your 100 calorie plan, you will be able to eat, drink and stay slim this Christmas.

image curtesy of Lindt

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