

A LIVELIGHTER CHRISTMAS



Christmas is a time to eat, drink and be merry with our loved ones. But it doesn't mean that you have to put your health goals on hold. Here are a few tips to make sure your festive season is happy and healthy!

Your Christmas Feast

Prepare a nutritious feast

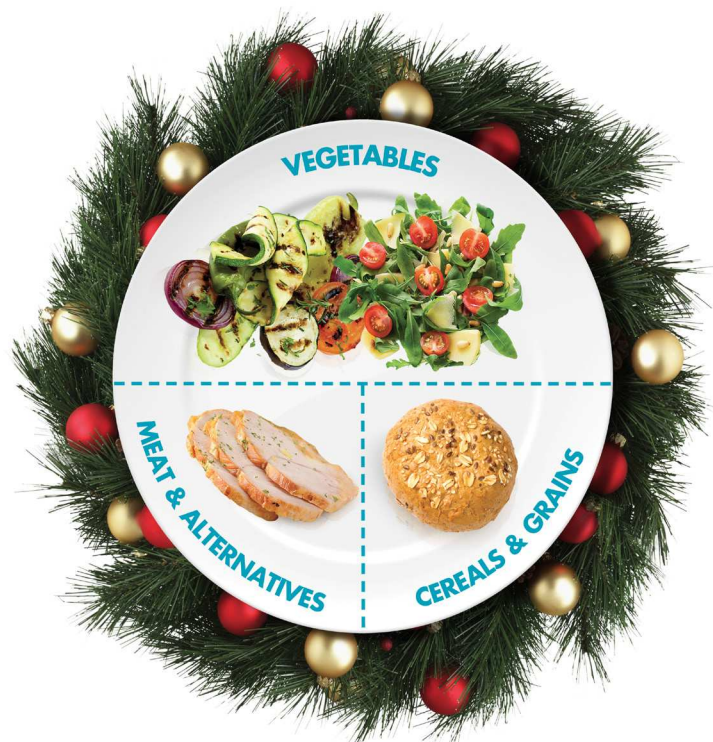
Reduce the amount of oil you use (and the cooking time) by par-boiling or microwaving vegetables before adding them to the roasting pan. Barbecuing is a healthy way to cook meats, just make sure you remove the skin and any excess fat before cooking.

Get creative with your 2 & 5

A fruit platter, or vegetable sticks with dips (e.g. hummus and salsa) make great snacks. For salads, try adding slices of orange, mango or beetroot for extra colour while snow peas and bean sprouts can add more crunch. Serve dressings on the side, so people can choose whether or not to add them.

Don't eat too much

Firstly, don't pile your plate too high. Aim to fill half your plate with vegetables, one quarter with meat and alternatives (e.g. turkey, ham, tofu) and the last quarter with cereals and grains (e.g. bread, rice, pasta). What does a healthy plate look like at Christmas? Check out the picture below!



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More Christmas Tips

Drinks

Make sure you drink plenty of chilled water. Add a slice of lemon or lime for extra flavour. It's a cheap, easy and healthy way to make sure you stay hydrated on our warm Summer days.

Alcohol

A lot of energy (kilojoules) comes from alcohol so "low-carb" beers and wines aren't always a healthier choice. Choose "light" beers and low-alcohol wines instead. You can add ice cubes or soda water to further reduce the amount of alcohol you drink.

Get active

If you can, try to get active before the Christmas meal. Go for a walk, hit the beach or take the kids to the park. When the kids bring out their new toys or start a game of tag – get involved!

Healthy Gift Ideas

Gourmet food hamper

Fill a basket with fresh, seasonal or exotic fruits, unsalted nuts, specialty teas, and/or homemade healthy sauces, preserves and chutneys. You could even include a healthy recipe book for extra inspiration!

For the garden

Those with a green thumb will love a potted plant or a few seedlings. Herbs, strawberries, cherry tomatoes and chilli are all easy to grow, look fantastic and taste great!

Get active

Active gifts keep on giving right through the year. You could buy a sporting item (such as a football, basketball, skateboard), a voucher for a sports shop, a season pass to the local swimming pool, a few yoga classes or a bicycle. There are lots of active toys, great for kids of all ages (including scooters and pool toys).

Merry Christmas from the LiveLighter team!

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