



## Surviving the Party Season

### Party Nibbles....Damage Limitation

- Don't go to a party hungry
- Watch your portion size
- Don't stand near where food is being served – out of sight out of mind!
- Make an effort to avoid high fat foods – fried foods, creamy soups, cheese based dishes, processed meats such as pepperoni, salami and pastries
- Choose low fat options but remember they all contain calories
- Crudités with dips
- Fresh fruit with dips
- Bread sticks with tomato based dips
- Homemade wedges with low fat yoghurt dips
- Chestnuts are the only low fat nuts
- Popcorn
- Pretzels
- Dried fruit such as dates, figs or apricots
- Plan ahead – if you are hosting the party then you have much more control.
- Have lots of salads available, try these low calorie party foods

### Sweet & Sour Chicken Drumsticks

8 chicken drumsticks  
4 tbsp red wine vinegar  
2 tbsp tomato puree  
2 tbsp soy sauce  
2 tbsp clear honey  
1 tbsp Worcestershire sauce  
1 garlic clove  
Pinch of cayenne pepper  
Salt and Pepper

Slash each chicken drumstick 2-3 times

Mix all remaining ingredients and pour over the chicken, marinate for 1 hour.

Cook drumsticks for 20 minutes brushing with the marinade until well browned and juices run clear.

Serve with a crisp green salad. Serves 4

### Potato Skins with Guacamole

4 baking potatoes  
2tsp olive oil  
Fresh chopped chives

### Guacamole Dip

6oz ripe guacamole  
1 tbsp lemon juice  
2 ripe, firm tomatoes, finely chopped  
1 tsp grated lemon rind  
4 oz low fat soft cheese



4 scallions, finely chopped  
2-3 drops of Tabasco sauce  
Salt and pepper

Bake potatoes in a preheated oven at 400F for 1 ¼ hours Remove and allow to cool for 30 minutes. Turn oven up to 425F

Halve the potatoes lengthwise and scoop out 2 tablespoons of the flesh, slice in half again. Top with olive oil and bake for another 25 minutes until crisp.

Mash avocado and mix in rest of ingredients. Top potatoes with guacamole mixture and sprinkle with chopped chives.

Serves 4-8 people

### **Get a Handle on your Hangover**

Obviously the only way to avoid a hangover is to watch your alcohol intake. Alcohol is a diuretic which means that it makes your body get rid of fluid. The more you drink the more dehydrated you get.

Recommendations are 14 units per week for a woman and 21 units for a man per week.

#### **What's a unit of alcohol?:**

1 unit = glass of lager, a pub measure of spirits or a small glass of wine

### **Can you minimise your hangover....**

- Eat before you go out – this will help slow the rate at which you absorb the alcohol
- Start the night with a soft drink, juice or water, try and swap an alcoholic drink for a non alcoholic drink a few times during the evening.
- Drink slowly for the first hour of the night at least – the speed at which you drink will affect how bad your hangover is the next day.
- Have coffee at the end of your meal – its non alcoholic!
- Drink clear spirits or white wine – there is some evidence that drink with less colourings cause a less severe hangover.
- Drink lots of water before you go to bed
- Have a snack before you go to bed.

Remember that alcohol is can be a major source of calories, a pint of lager is about 200 calories, a large glass of wine can be up to 150 calories.

Use diet mixers, no added sugar dilutable drinks or sparkling water to cut back in calories.

Choose lower calorie drinks such as white wine or spirits instead of heavier drinks such as Baileys and sugary cocktails.

Try to have white wine spritzers to cut back on alcohol and calories.

The low blood sugars you experience with a hangover make you hungry and crave sugary foods.

Choose healthier snack such as a bagel with low fat cream cheese or a fruit smoothie

### **Is there a guaranteed cure.....? Avoid alcohol!!**

- Try and have an extra few hours sleep the morning after the night before.
- Snack on salty foods – this will replace salt that you've lost the night before through dehydration. Choose pretzels instead of crisps, or nuts, they're salty but not as high in calories.



- Have a sugary drink in the morning – choose a smoothie or a sports drink or even a sugary cup of tea; this will help get your blood sugars back on track.

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