



Play Your Carbs Right

How to stay on the health wagon during the festive season with TV Doctor, Dawn Harper

From delicious buffet tables, to indulgent Christmas dinners it's no secret that the festive period is one of the hardest times to maintain a healthy balanced diet. To ensure you have the energy to make the most of everything the festive seasons has to offer, whilst also ensuring you are looking and feeling your best for those Christmas party outfits, you need the right carbs in your diet. Bread is a great source of low fat carbohydrates, releasing energy slowly and at around only 80 calories a slice can help you keep a balanced diet.

Here, **TV Doctor, Dawn Harper** advises how you can make sure you're getting the healthy carbs you need on even the most indulgent days in the festive food calendar.

Read on for examples of what to eat when...

...You've got two weeks to go until to the office party

Example Breakfast: 2 slices of wholegrain toast with almond butter

"As wholegrain toast is high in fibre, a non-digestible component that helps us feel full, it's the perfect breakfast choice to see you through the morning. A high fibre breakfast means you're less likely to be tempted to snack on a sugary pick-me-up before lunch, such as those chocolates that make their way around the office at this time of year! Meanwhile almond butter is an excellent and delicious source of protein to help stave off hunger."

Example Snacks: Red pepper sticks and cottage cheese

Example Lunch: Winter vegetable soup with a slice of white bread

"A home-made soup is the perfect comforting lunch for the cold weather and making a batch at home using your favourite seasonable vegetables will help each portion count towards your 5 a day. A vegetable soup is a good, hearty but low-calorie lunch option, perfect if you're watching your waistline before a big event. White bread is a great source of non-diary calcium so accompanying your soup with a slice of bread will help raise your levels of this important mineral, key for maintaining healthy bones and teeth."

Example Dinner: Tuna steak with a side of kale

"Tuna is a fantastic low fat dinner option as it's a great source of lean protein as well as being packed with healthy omega 3 fats and B Vitamins. Kale is high in a number of essential nutrients including Vitamin C and antioxidants, which can help keep skin in good condition, perfect for prepping your complexion for those no-filter party selfies!



...It's the day of your office party:

Example Breakfast: Porridge with chopped banana and honey

"Set yourself up for a busy day with an energy boosting breakfast of oats, add a banana to top up your potassium levels and a drizzle of honey to taste."

Example Lunch: Roast chicken salad with spinach

"Roast chicken and spinach are both low on the GI scale because of their high fibre content and so will help keep your blood sugar levels constant over the course of the afternoon. Enjoying high fibre foods at lunch will also help reduce bloating, ensuring you feel confident in your party outfit."

Example Dinner: Avocado and feta cheese on two slices of wholegrain toast

"Before heading out it's important to make sure you grab a quick dinner to prepare you for the night ahead. A slice of wholegrain bread is a great source of slow release energy and will help you avoid energy slumps throughout the evening. Furthermore ensuring you've eaten starchy carbohydrates before heading out might stop you overindulging on too many Christmas canapes and you've got the fuel you need to hit the dance floor!"

....You have a 3 course Christmas lunch with clients or colleagues:

Example Breakfast: Fruit salad with yogurt and almonds

"If you know you've got a big meal ahead set yourself up for the day with a light breakfast; starting the day with yogurt will help give your protein levels a boost in the morning while a handful of almonds is a great source of vitamin E, copper and magnesium."

Example Dinner: Tomato omelette with a slice of brown bread

"Although you might not be hungry after a big lunch it's important to eat 3 balanced meals a day to keep your blood sugar levels constant. Whip up an omelette in the evening for an easy meal, eggs are high in protein while tomatoes provide healthy antioxidants. To make sure you ward off hunger until breakfast accompany your omelette with a slice of bread. Bread is a great low fat source of fibre so will help you feel satisfied after your evening meal, without being too full after a day of indulging!"



...You've got one day to do *all* your Christmas shopping!

Example Breakfast: Scrambled eggs on toast

"If you know you're going to have a tiring day battling with Christmas shopping crowds start it off with this high protein meal, a couple of slices of toast will provide you with slow release energy that will keep you going until lunch."

Example Lunch: Turkey Sandwich with Cranberry Sauce

"A sandwich is the perfect lunch to grab on the go between shops, turkey meat is a great source of lean protein and will help give you the energy to face even the busiest department store! Look out for crayfish and ham options too as other lean meat alternatives. Or opt for light chicken pasta salad to keep you going through the day"

Example Dinner: Grilled salmon, roasted peppers and quinoa

"Top up your amino acid levels after a long day with a piece of salmon and accompany with a super grain like quinoa (perfect for boosting your calcium and magnesium levels.) Roasted peppers are rich in immunity boosting antioxidants and can help ward off winter cold."

...You want to be healthy when dining out

"If you're heading out for a celebratory lunch or dinner there's no need to compromise on taste if you want to keep an eye on your waistline as most menus have plenty of healthy

Example Starter: "Opt for a soup like tomato and basil, this low calorie option will provide your body with a good dose antioxidants. And will leave you calories spare for your main course"

Example Main: "Grilled or steamed white fish, such as cod, plaice or sole, is a great light main course that is low in calories. Enjoy with a side of potatoes to provide you with fuel for the afternoon ahead. "

Example Dessert: 'A fruit salad is fantastic in making sure you're well on your way to getting your five a day. For extra flavour and protein, ask for yoghurt. .'"