

# FESTIVE PARTY

## SURVIVAL GUIDE

### THE 10 STRATEGIES



#### 1 DON'T LEAVE THE HOUSE HUNGRY

Before you head out for your festive event, make sure you fill yourself up with something healthy, like a big salad, protein shake or just some fruit and veg. This way you will most likely avoid mindless snacking at the party.



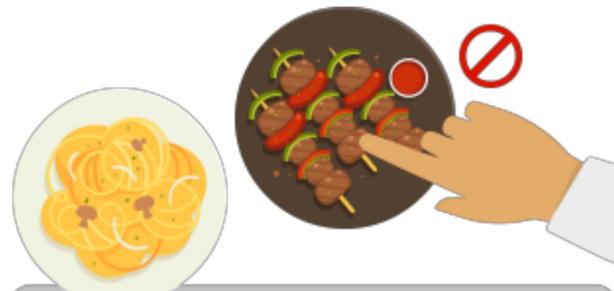
#### 2 LISTEN TO YOUR BODY

"Are you really hungry? Do you need more?" Be aware of your body signals, especially your hunger. If you feel a hunger pang, wait another 30-60 minutes to make sure it is the real hunger and not just a craving.



#### 3 PLAN BEFOREHAND

When going to a festive party or event make a detailed plan for what you want to allow yourself to eat/drink and place limits for yourself. For example, plan to eat one portion of protein with vegetables, one dessert, and two drinks. Or limit yourself to two plates and two glasses. A plan will make you aware of the urge to overeat/overdrink.



#### 4 DON'T SETTLE BY THE FOOD TABLE

Don't eat just because others are eating. Make sure you don't just pick up snacks from the table. If you eat, always take what you want onto a plate and from there follow the 50% rule.



#### 5 50% RULE

Eat only 50% of what is on your plate, and then assess if you need more. If you don't feel full, then eat another 50% of what is left on your plate and so on.



#### 6 STOP WHEN YOU ARE 80% FULL

You don't need to finish everything that is on your plate, follow the 50% rule and stop when you feel 80% full.



#### 7 LOG WHAT YOU EAT

If the 80% or 50% rule doesn't work for you, then log what you eat. This way you will be aware of the number of calories and macronutrients you are consuming throughout the event.



#### 8 EAT SLOWLY

Savor every bite you take and chew up to 15 times per mouthful. Eating slowly will make sure your brain has time to receive the 'full-up' signal from your stomach.



#### 9 DRINK WATER

Make sure to always have a glass of water with you, refilling it during the event/party. This great habit will not only keep you hydrated and help you avoid the hangover, but it will also keep your stomach fuller.



#### 10 NO GUILT TREATS

Allow yourself to eat what you want. This doesn't mean mindless eating but treating yourself without guilt to something you like or crave. Choose wisely and enjoy every bite.