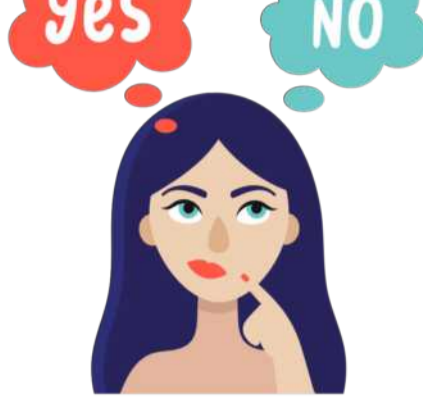




1 DON'T GO OUT ON AN EMPTY STOMACH

Before you head out, make sure you fill yourself up with something healthy, like a big salad, a protein shake or some fruit and veg. You'll be less likely to overeat at the party.



2 LISTEN TO YOUR BODY

Are you really hungry? Do you actually need more? Be aware of your body's signals, especially your hunger level. If you're tempted by 'seconds' wait 10-15 minutes. Then reassess, and if you are still hungry, go for it!



3 PLAN AHEAD

Make a plan of what you'd ideally like to eat & drink at the party. This will make you more aware of the urge to overeat/drink. Stick to the plan as best you can, but don't beat yourself up over any slip-ups. And if you do stray from the plan, don't completely give up.



4 DON'T HANG AROUND THE FOOD TABLE

Don't eat just because others are eating, and don't just mindlessly pick up snacks from the buffet table. If you eat, portion your food onto a plate and then follow the 50% rule.



5 FOLLOW THE 50% RULE

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



6 BRING A HEALTHY PLATE

Offer to bring a fruit or vegetable platter, a fruit salad bowl, or dips with veggies. Then you know you'll definitely have something healthy to nibble on, and others may quietly appreciate it too.



7 BE THE DESIGNATED DRIVER

If you don't want to drink alcohol, offer to drive your friends. Just make sure you avoid swapping alcohol for sugar-laden fizzy soft drinks. Have one drink on arrival, then stick to water – jazzed up with bubbles and/or fruit.



8 EAT SLOWLY

Savour every bite you take and chew up to 15 times per mouthful. Eating slowly is good for your digestion and helps you to not overeat, by giving your brain time to receive the 'full' signal from your stomach.



9 ALTERNATE WATER & ALCOHOL

Make sure you have one glass of water for every alcoholic drink. This great habit will not only keep you hydrated and help you avoid a hangover, it will also keep your stomach fuller.



10 INDULGE WITHOUT GUILT

Allow yourself to have a little splurge or indulgence. This doesn't mean mindless eating. Treat yourself *without guilt* to something extra special and take the time to enjoy every bite.