



24 party treats

under 600kJ!

The festive season means all manner of goodies will tempt your tastebuds. Here's how to enjoy them without sabotaging those healthy habits. By Vanessa Schuldt

Christmas time is full of opportunities to indulge. But with a little forward planning, you can enjoy the treats of the season without the weight gain. Read on to find out how much of your favourite party food you can enjoy without breaking your resolve.

Smart tactics

If the get-together you're at isn't a sit-down meal, then eat your main meal before and treat the canapés and sweet treats as a mid-meal snack. A sensible, healthy main meal should have about 1500kJ to 2000kJ, and the 'gold standard' limit for a mid-meal snack is 600kJ. If you want to let go a little, cut back on the serving size of your pre-party main meal, then you can get away with a 800kJ limit for the party food.

Make a plan

■ If you're keen to watch your weight, go slowly when eating canapés and nibbles.

It's too easy to wolf down a lot of food and kilojoules in the first hour when the platters are passed around.

- Have some strategies in mind for avoiding overeating, such as saying 'no, thank you' to every second platter.
- Be sure to stand a fair distance away from food platters – easy access makes for indulgent pickings.

Watch those drinks

The kilojoules in your drinks can easily add up and undo all the good you achieve with your 800kJ limit on the food. So remember a 150ml glass of wine has about 400kJ, one 150ml glass of champagne 406kJ and one 375ml can of full-strength beer has about 570kJ.

Adopt a smart-drinking plan as you would with your food: alternate alcoholic beverages with water; offer to be the designated driver – it's a commitment not to drink; use diet soft drinks to mix with your spirits; and put your glass down between sips to pace your intake.

savoury treats

under **500kJ**



1 RICOTTA & SPINACH PASTIZZI

PER SERVE: energy 490kJ, fat 6.2g, saturated fat 3.7g



1 MINI QUICHE LORRAINE

PER SERVE: energy 320kJ, fat 4.7g, saturated fat 1.9g



1 CAVIAR EGG (HALF AN EGG)

PER SERVE: energy 285kJ, fat 5.3g, saturated fat 1g



1 SMOKED SALMON, CREAM CHEESE & CHIVE PIKELET

PER SERVE: energy 270kJ, fat 4.2g, saturated fat 2.4g



1 ROCKMELON SLICE WRAPPED IN PROSCIUTTO

PER SERVE: energy 265kJ, fat 3.3g, saturated fat 1.3g



1 prawn & noodle rice paper roll

PER SERVE: energy 235kJ, fat 0.2g, saturated fat <0.1g



1 HANDFUL SALTED CRINKLE-CUT POTATO CRISPS (ABOUT 10G)

PER SERVE: energy 220kJ, fat 3.5g, saturated fat 0.4g



1 SMALL WEDGE OF CEMBERT CHEESE (20G)

PER SERVE: energy 250kJ, fat 5g, saturated fat 3.3g ▶

savoury treats

under 200kJ



1 WATER CRACKER WITH GUACAMOLE DIP (2 TSP)



PER SERVE: energy 120kJ, fat 2g, saturated fat 0.5g

1 CORN CHIP WITH SALSA DIP (1 TBSP)



PER SERVE: energy 70kJ, fat 0.5g, saturated fat 0.2g

1 SMALL DOLMADES (STUFFED VINE LEAF)



PER SERVE: energy 195kJ, fat 2.3g, saturated fat 0.5g

1 HANDFUL OF PRETZELS (ABOUT 10 KNOTS)



PER SERVE: energy 160kJ, fat 0.7g, saturated fat 0.1g

1 RAW OYSTER



PER SERVE: energy 45kJ, fat 0.4g, saturated fat 0.1g

1 small beef meatball

PER SERVE: energy 140kJ, fat 1.7g, saturated fat 1.2g



1 DAINTY HAM AND MUSTARD SANDWICH FINGER

PER SERVE: energy 190kJ, fat 2.2g, saturated fat 0.5g



10 PIMENTO STUFFED GREEN OLIVES

PER SERVE: energy 155kJ, fat 3.3g, saturated fat 0.5g

sweet treats

under 600kJ

1 macadamia shortbread

PER SERVE: energy 330kJ, fat 4.8g, saturated fat 3.3g

½ FRUIT MINCE TART



PER SERVE: energy 575kJ, fat 4.6g, saturated fat 3.2g

1 CHUNK OF WHISK & PIN ROCKY ROAD (25G)



PER SERVE: energy 435kJ, fat 4g, saturated fat 2.6g

1 RUM BALL



PER SERVE: energy 370kJ, fat 4g, saturated fat 2.8g

1 HANDFUL OF CHOCOLATE RAISINS (ABOUT 15)



PER SERVE: energy 255kJ, fat 1.8g, saturated fat 1.1g

1 LARGE CHOCOLATE DIPPED STRAWBERRY



PER SERVE: energy 160kJ, fat 2g, saturated fat 1.8g



1 LINDT LINDOR MILK CHOCOLATE BALL

PER SERVE: energy 322kJ, fat 5.9g, saturated fat 4.4g



1 WEIS' MINIS MANGO & ICE CREAM BAR

PER SERVE: energy 232kJ, fat 1.7g, saturated fat 1.3g