



## **Guilt Free Party Tricks**

Been invited to a dinner party and on a restricted diet? We've all experienced the hostile response at a party or barbeque when you opt to not indulge in the tasty snacks on offer. Trying to lose weight without someone else sabotaging it is a task in itself. Here are some simple tips to avoid the party pig-out temptations or risk offending your host.

### **1. If there's a buffet, turn up late.**

Buffet food is extremely tempting, but not so much when everyone else has tucked in leaving the dips spilt everywhere and the scraps behind. Avoid standing right next to the buffet table. Standing close is too much of a temptation to reach down and grab a few extra bits while you're having a chat. By the end of the night you will be shocked at home many times your hand sub-consciously reached out for the food!

### **2. Don't get there hungry.**

Starving yourself during the day to save calories because you know you may end up pigging out in the evening is not the way to go. If you arrive hungry you will end up eating far more in a shorter period of time, especially if you are also consuming alcohol. Stick to your usual staggered meals throughout the day to keep your metabolism stoked and then approx 15-20 mins before you get to the party have a piece of fruit to fill your stomach a little. This will help you avoid the pre-dinner snacks.

### **3. Have soup as your first course.**

Studies show that soup (broth-based rather than cream-based) curbs your appetite, reducing your calorie intake during subsequent courses.

### **4. Fill your plate with crunchy vegetables**

If you do fancy a snack then vegetables are relatively high in fiber, which helps to delay hunger and leaves you feeling fuller for longer. Foods high in fiber also take longer to chew and eat. By the time you've finished eating, hopefully everyone else will have eaten all the "bad" stuff! Opt for fat free cottage cheese dips with some mixed spices added rather than the high fat chip dips.

### **5. Drink Lots of fluids**

Drink a few glasses of water prior to arriving (not enough that you will need to spend your first 5 minutes on the loo). Also drinking one glass of water per glass of alcohol prevents dehydration and will keep the stomach feeling full.