

HEHA for HEALTH

Emmeline Haymes is a nutritionist from Regional Public Health is writing a regular column for Capital & Coast District Health Board on nutrition and physical activity

Dear Emmeline

I always tend to overindulge over the festive season. What is your advice on how to prevent this?

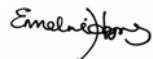
Appetite is a curious thing. We are not good at assessing the cues and easily confuse hunger for thirst, tiredness, boredom, frustration, or a need to indulge or reward ourselves. It is rare that we eat because we are actually hungry over this time of year. It's more likely because we are there, and so is the food, and everyone else is eating.

There are a few tricks you can use for the rest of the year. The first is to work out what actually being hungry feels like for you. A way to figure this out is to find a time when you can wait a little longer than normal to eat. Make sure that you are well hydrated (preferably with water) and check if your stomach actually rumbles! Remember how this feels. Next time you are faced with a groaning table do a quick pre-meal audit of how hungry you are and eating accordingly, rather than stopping when the button pops!

As we tend to overeat when we are tired try to get as much rest as you can.

My last piece of advice is to ask yourself, "what is the better choice"? Generally when we are sharing food amongst whanau and friends and eating out there is more food to choose from than the average winter week night at home. So out of all that delicious food ask what would be the better choice? Start with the fruit and vegetables and move on to other food after that. Take advantage of the wide variety of seasonal fruits and vegetables available in summer to treat yourself. A small punnet of cherries to eat on the way home from the supermarket actually costs about the same as a small chocolate bar, only far more delicious!

Remember when it comes to fruit and veges more is more! Have a lovely summer



If you have a question you want answered email Info@ccdhb.org.nz