

Savvy Christmas

Our calorie-saving tricks will mean you won't

The Christmas Lunch

SWAP 3tbsp potatoes, roasted in oil (149 cals)

FOR 3tbsp potatoes, dry-roasted (109 cals)

TIP Instead of high-cal goose fat, sprinkle parboiled potatoes with salt, spray with low-cal oil and roast.

Save 40 cals



Save 108 cals

SWAP 3 'pigs in blankets' (198 cals)

FOR 2tsp chestnut stuffing (90 cals)

TIP Opt for a portion of chestnut stuffing – it's lower in fat and high in energy-boosting potassium.

Save 108 cals

SWAP 3tbsp Christmas pudding (329 cals)

FOR 5tbsp fruit salad with 2tsp single cream (102 cals)

TIP Can't go without pud? Serve it with single cream, or 1tbsp low-fat custard or Greek yogurt, if you prefer.

Save 227 cals

The buffet

SWAP 2 mini cheese straws (120 cals)

Save 40 cals



FOR 2 breadsticks (80 cals)

TIP Breadsticks have a lower salt content than cheese savouries, too.

Save 40 cals

SWAP 1 prawn cocktail vol-au-vent (160 cals)

FOR 1 mini Thai fishcake (50 cals)

TIP Try to avoid anything encased in pastry – tricky on a buffet table, we know! – but it can add around 100 calories.

Save 110 cals

SWAP Handful of peanuts (150 cals)

FOR Handful of monkey nuts (97 cals)

TIP Peanuts are roasted in salt, which can cause fluid retention and bloating – so best avoided if you want to keep a flat tum!

Save 53 cals

SWAP 2 cocktail sausage rolls (300 cals)

FOR 2 cocktail sausages on sticks (80 cals)

TIP Dip sausages in mustard for extra zing!

Save 220 cals