

Savvy Christmas

Our calorie-saving tricks will mean you won't

The Christmas Lunch

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

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

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

Save 40 cal



Save 108 cal

SWAP 3 'pigs in blankets' (198 cal)

FOR 2tsp chestnut stuffing (90 cal)

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

Save 108 cal

SWAP 3tbsp Christmas pudding (329 cal)

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

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

Save 227 cal

The buffet

SWAP 2 mini cheese straws (120 cal)

Save 40 cal



FOR 2 breadsticks (80 cal)

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

Save 40 cal

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

FOR 1 mini Thai fishcake (50 cal)

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

Save 110 cal

SWAP Handful of peanuts (150 cal)

FOR Handful of monkey nuts (97 cal)

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 cal

SWAP 2 cocktail sausage rolls (300 cal)

FOR 2 cocktail sausages on sticks (80 cal)

TIP Dip sausages in mustard for extra zing!

Save 220 cal