

# as party swaps

miss out this Christmas



**FOR** 1 iced-top mince pie (229 cals)

**TIP** Switch the pastry top and save 11% cholesterol-raising saturated fat.

**Save 41 cals**

**SWAP:** A small slice of stollen (230 cals)

**FOR** A small slice of chocolate log (153 cals)

**TIP** Some stollens are made with trans fats – they're the worst kind for your heart.

**Save 77 cals**

## Christmas tipples

**SWAP** 150ml glass Champagne (111 cals)

**FOR** 150ml glass Buck's Fizz (95 cals)

**TIP** Topping up your glass of bubbly with orange juice adds valuable immune-boosting vitamin C and may help you avoid going overboard on the fizz, too!

**Save 16 cals**

**SWAP** Single shot of malt whisky (64 cals)

**FOR** Single shot of vodka (50 cals)

**TIP** Add a zero-calorie cola or lemonade to make your drink last longer – and don't forget to have a glass of water between alcoholic drinks, too.

**Save 14 cals**

**Lose 4lb in 2 weeks!**

**Save 77 cals**

**SWAP** Piña colada (525 cals)

**FOR** Margarita (170 cals)

**TIP** A creamy piña colada is loaded with sugary calories, while a margarita can be made with zero-calorie soda. A simple – and still delicious – way to avoid consuming too many calories during the festive period. Cheers!

**Save 355 cals**

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## Healthy Christmas diet rules

'Christmas is a time of indulgence so you don't want to feel too deprived, but with these swaps you won't have to,' says Kate Llewellyn-Waters, founder of The What If Plan ([thewhatifplan.co.uk](http://thewhatifplan.co.uk)).

Over the two-week festive period, Kate recommends the following to lose an average of 500 cals a day: Dinner treats on two days, buffet treats four times, sweet treats every other day and Christmas tipples on six days.

'If you are just looking to lose weight by doing the food swaps for two weeks over primetime party season, then aim for around 1,800 calories a day,' advises Kate.

● The What If Plan is the world's first personalised intermittent fasting diet based on your DNA. £299, [thewhatifplan.co.uk](http://thewhatifplan.co.uk).

**Save 72 cals**

## Sweet treats

**SWAP** 4 Quality Street (160 cals)

**FOR** 4 Turkish Delight (88 cals)

**TIP** Turkish Delight is also low in fat – serve it with fresh fruit slices.

**Save 72 cals**

**SWAP:** 1 Belgian chocolate (65 cals)

**FOR** 1 dried date (33 cals)

**TIP** Full of digestion-boosting fibre, dates count as one of your five-a-day.

**Save 32 cals**

**SWAP:** 1 deep-filled mince pie (270 cals)