

Low fat festive food tips

With some wise food choices and meal planning, party foods can be healthy foods. Here is a list of suggestions. Tick the ones you could try.

- Choose lower fat savoury fat snacks** – These include pretzels, rice crackers, mini bread sticks, pita chips and 97% fat-free crackers.
- Dip crackers in low-fat dips** – There are ready-made dips at the supermarket or you can make your own by adding sweet chilli sauce, corn relish or salsa to low-fat ricotta or cottage cheese.
- Eat your vegetables first** – Carrot and celery sticks make great fat-free dipping snacks.
- Fill your plate with salad** – Tossed green salads are low in calories and high in bulk. When your plate is full of salad there's less room for less nutritious, high-calorie foods.
- Add a low-fat dressing** – Dress salads with balsamic vinegar, low-fat mayonnaise or 'no-fat' prepared dressings.
- Go for lean deli meats** – Lean (97% fat-free) sliced ham, turkey or chicken complement a salad and provide protein that will be filling without being fattening.
- Cook light** – Remove the skin from the turkey or chicken and oven bake chunky vegetables with a small amount of oil.
- Grill fish** – Grilled fish with lemon and basil or other low-fat marinades provide a leaner alternative to heavy turkey or ham dishes.
- Wrap up a sandwich** – Prepare healthy salad wraps in flat bread. You can even have the supermarket deli do the work for you.
- Pick low fat recipes** – For some new meal ideas buy a low-fat entertaining recipe book from the newsagent or bookstore.
- Make fruit salad for dessert** - Freshly prepared fruit salad is a winner at any party. Try a berry mix of blueberries, raspberries and strawberries.
- Add a little chocolate** – Satisfy chocolate cravings with strawberries dipped in chocolate sauce.

