

Beware of th

Help yourself to party platters without ruining your waistline

The party season is underway and before you know it, you'll be standing at the buffet getting stuck into mince pies and mini cocktail sausages. But before you grab what's on offer, take a look at calories and fat content and you'll soon realise how just a couple of canapés can ruin your diet.

'The trick is to recognise festive fodder for what it is – entertainment, pure and simple,' says nutritionist Victoria Wills from NuBeginnings.

'Most party food has hardly any nutritional benefit and nothing your body wants. So the most important thing is to make sure you never turn up to an event feeling hungry.'

'Avoid deep-fried finger foods like chicken nuggets, cocktail sausages and samosas,' adds Victoria. 'One tiny cocktail sausage can contain over 60 calories and 5g of fat. Vol-au-vents, quiches and other pastry-based foods are also a disaster – pastry is more than 50 per cent fat.'

'Vegetable sticks are a good option but watch out for fatty dips. One tablespoon of mayonnaise or sour cream dip has around 170 calories and 17g of fat.'

Follow our buffet guide for guidance on what you should be eating (and avoiding!) **R**

Words Jennifer Dunkerley



GOOD FOOD

Tiger prawns on sticks, 20 calories, 0.2g fat (each)

BAD FOOD

Sausage rolls, 215 calories, 16g fat (each)

BAD FOOD

Handful of tortilla chips with creamy dip, 120 calories, 10.5g fat

BAD FOOD

Scotch eggs, 286 calories, 19.2g fat (each)

BAD FOOD

Handful of crisps, 55 calories, 4.6g fat

BAD FOOD

Iced Christmas cake, 249 calories, 8g fat (per slice)

BAD FOOD

Mince pies, 202 calories, 8g fat (each)

GOOD FOOD

Chicken drumsticks, 68 calories, 3.5g fat (each)

GOOD FOOD

Roast turkey slices, 30 calories, 0.5g fat (per slice)

BAD FOOD

Cocktail sausages wrapped in bacon, 127 calories, 10.8 fat (each)

Photos: Charlotte Tohurst, Alex Features, Xposure

AND WATCH THE BOOZE!

It's not just the vol-au-vents that are out to get you...

Champagne (per glass) – 90 cals
 Wine (per 125ml glass) – 120 cals
 Baileys (per shot) – 140 cals
 Pint beer – 170 cals
 Gin and tonic – 210 cals
 Bacardi Breezer – 198 cals



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GOOD FOOD

Salsa dip with handful plain tortilla chips, 75 calories, 0.3g fat

BAD FOOD

Garlic bread, 150 calories, 9.2g fat (per slice)

BAD FOOD

Sherry trifle, 219 calories, 11.4g fat (per serving)

GOOD FOOD

7 mixed nuts, 100 calories, 9g fat

GOOD FOOD

Smoked salmon blinis, 55 calories, 2.6g fat (each)

BAD FOOD

Medium slice of cheddar, 123 calories, 10.7g fat

BAD FOOD

Deep fried spring rolls, 120 calories, 8.7g fat (each)

GOOD FOOD

Fruit skewers, 37 calories, 0.1g fat (per skewer)

BAD FOOD

Deep fried chicken goujons, 125 calories, 5.3g fat (each)

BAD FOOD

Mini quiches, 52 calories, 4g fat (each)

CELEB TIPS

ZOE SALMON

Saintly Zoe, 29, fills up on fruit and avoids canapés. 'I try to snack on fruit,' she says, 'as I have a really sweet tooth!'



RIHANNA

'I try to eat healthily to stay in shape,' says the size 10 Barbados-born singer, 21. 'Stodgy carbs are my enemy.'



DEMI MOORE

Demi, 47, suggests you snack on apple slices with peanut butter before going out. 'It's an easy trick to stay off fatty foods,' she says.



KIM KARDASHIAN

'It's so hard to eat well at Christmas,' admits reality star Kim, 29. 'I try to fill up on protein, like turkey or chicken.'



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