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MEDIA RELEASE BACKGROUND: DIETITIANS DISH UP CHRISTMAS CHEER

We asked a few additional questions to Accredited Practising Dietitians to share how they enjoy the festive season.

What does your Christmas celebration look like?

Coming from a German background, my family celebrations start on Christmas Eve. We have a traditional roast turkey, with crisp potatoes, roast pumpkin and greens. We then follow with some birthday cake – as my brother’s birthday is on Christmas Eve! – Simone Austin, Accredited Practising Dietitian

I don't think there has been a year when I haven't been able to sleep in past 5am on Christmas day. My sister and I go to my mother’s house early, we all share presents, then get ready for Christmas lunch with the extended family. After lunch we spend the afternoon sleeping or playing board games together. – Milly Smith, Accredited Practising Dietitian

Aloha! This year my Christmas will be different to any other as we head to the beaches of Hawaii to spend it with close friends. We have secured a beautiful beach-side restaurant that serves a Japanese-inspired seafood buffet, with plenty of outdoor space for the children to run around. – Nicole Dynan, Accredited Practising Dietitian

What do you enjoy most about Christmas?

I love that we get to enjoy beautiful fresh salads and seafood and spend quality time talking and laughing with family. I’m usually in charge of the Pavlova, so it’s always topped with lots of in-season summer fruit! – Nicole Dynan, Accredited Practising Dietitian

Although I spend a large amount of my life developing recipes and cooking, I usually take a back seat in the kitchen on Christmas Day to entertain the children outside. My main role is to make a fabulous salad while my husband makes a gluten-free Christmas pudding. My mum and sister tend to lead on Christmas Day. – Lisa Donaldson, Accredited Practising Dietitian

While Mum usually takes charge for preparing the family roast, I’m usually in charge of the brandy custard. I make it every year and it is an absolute treat. Due to some family members having lactose intolerance, we make it just out of soy milk, brandy, egg yolks, some sugar and cinnamon sticks. Even those of our family who wouldn't normally drink soy milk absolutely love it. – Milly Smith, Accredited Practising Dietitian

How do you manage a healthy balance over the holiday season?

Choose quality over quantity. Feeling so full after lunch that you can’t move definitely ruins how you feel for the rest of the day. I also like to keep the special Christmas treats to near Christmas time - just for the big day (and some during the week leading up!). – Simone Austin, Accredited Practising Dietitian

I ensure I have 2-3 alcohol free days a week. I always have regular meals, even when I know I’m going out, as this allows me to manage my intake, control my hunger and make sensible food choices. I keep up my water intake and stay active. – Themis Chryssidis, Accredited Practising Dietitian