

## OVEREATING DURING FESTIVE SEASONS

Overeating forces your digestive system to overwork, and this, in turn affects digestion. As a result, you get stomach discomfort, heartburn, nausea and bloating. Overeating in the long run also leads to serious health conditions, such as overweight and obesity.

### SECRETS IN PARTYING



#### Do not go with an empty stomach

- Snack on high fibre foods (eg.:cereal, oat, fruits) before leaving the house. Fibre gives you a feeling of fullness and helps reduce overeating.



#### Go for healthier food choices

- Choose foods that are low in calories which are less oil, fat and coconut milk such as meehoon soup or soto
- Limit your high salt food intake such as chips and salted peanut
- Limit consumption of sweet and fatty foods such as dodol.



#### Choose high fiber foods

- Choose fresh fruits and vegetables as a snack or dessert
- Choose a biscuits or cakes that use high-fiber ingredients such as whole grain flour, oat or prunes.



#### Eat slow

- Take your time to chew your food.



#### Drink sensibly

- Limit your sweet and carbonated drinks intake. Fill up on plain water or fruit juices.



#### Take small portions

- Use a smaller plate to control your portion size.



#### Do not linger around the buffet table

- Once you fill up your plate, move to a different part of the room. Take the opportunity to mingle so that you can distract yourself from overeating.

PREVENTION IS BETTER THAN CURE

