



# How to eat, drink and live well during the festive season

## An expert explains how eating and drinking well over the Christmas period needn't mean sacrificing the tasty treats we all love

The festive season is joyful, but it can also derail even the healthiest routines. Rich food, extra alcohol, late nights and family pressures all take their toll. Nutritional therapist and certified Functional Medicine practitioner Tracy Tredoux shares simple, realistic strategies to help you enjoy the holidays without the January fallout.

### ELEVATE YOUR PLATE WITH BALANCE, NOT RESTRAINT

Rather than focusing on what to eliminate, Tracy encourages creating meals that feel both nourishing and enjoyable. A well-balanced plate, one that includes high-quality protein, healthy fats and plentiful vegetables, naturally moderates appetite and supports steady blood sugar.

Think organic turkey or salmon with olive-oil-roasted brussels sprouts, winter greens dressed with lemon and tahini, or a vibrant beetroot and citrus salad. This range of foods, eaten together, slows digestion, supports satiety and softens the blood-sugar swings that often drive overindulgence.

And of course, festive favourites still belong. "Enjoy the roast potatoes, we all love them, but consider just a couple," Tracy says.

### AVOID ARRIVING TOO HUNGRY

A surprisingly transformative strategy is simply avoiding extreme hunger. A small protein-fat snack, a few nuts, cheese, yoghurt or apple with nut butter before you leave home helps stabilise appetite and blood sugar levels. Starting the

evening nourished leads naturally to better food choices that go out of the window when we are starving.

### DRINK WELL, FEEL WELL

Alcohol forms part of many celebrations, yet it's also one of the biggest metabolic disruptors of the festive season. Tracy suggests choosing drinks that feel celebratory but place less stress on the body.

Her preferred options include:

- A glass of dry Champagne or Prosecco
- Crisp dry white wine
- Spirits with soda and citrus
- Wine spritzers to soften the impact of alcohol

Sugary cocktails and sweet mixers tend to cause rapid blood-sugar spikes, often followed by cravings or fatigue. Alternating drinks with water and avoiding alcohol on an empty stomach help maintain clarity, energy and those hormone-disrupting blood sugar spikes.

Including antioxidant-rich foods such as berries, leafy greens and cruciferous vegetables as part of a balanced diet can contribute to general wellbeing during periods of heavier eating and drinking.

### HEALTHY DESSERTS THAT STILL FEEL SPECIAL

Pleasure matters, especially during the holidays. Tracy recommends

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offering desserts that feel indulgent yet remain gentler on the hips.

Two options:

- A berry platter with dark-chocolate shavings, coconut flakes and a few fresh mint leaves is delicious and full of antioxidants.
- A luxurious chocolate mousse made from blended avocado or silken tofu with melted dark chocolate, decorated with a few raspberries, offers richness with fewer sugars and more beneficial fats.

### WALK AFTER MEALS: A SMALL RITUAL WITH BIG IMPACT

One of Tracy's most effective festive strategies is wonderfully simple: take a 10-20 minute walk after meals. This helps muscles draw glucose from the bloodstream, moderates post-meal highs and helps the body use glucose more efficiently after meals. It also offers a grounding moment of fresh air amid the season's liveliness.

### HONOUR REST, CONNECTION & REDUCE STRESS

The pressure to create flawless meals during this period can raise cortisol, disrupting digestion, appetite and sleep. Tracy encourages softening expectations and embracing moments of calm, slow breathing, brief mindfulness practices, stretching or stepping outside for a quiet pause.

Tracy reminds us that equally important is connection itself. Social gatherings, conversation and shared laughter are powerful contributors to health, lowering stress hormones, supporting immunity and protecting mood. It's not perfection that matters, but the moments shared.

By blending mindful choices with genuine enjoyment, we create a festive season that supports both our health and the moments that matter most.



TRACY TREDOUX

### For further information

Book a free discovery call at:  
[tracytredoux.com](https://tracytredoux.com)

