



The average person scoffs 25,000 kjs on Christmas Day. That's enough energy to fuel a 26km walk or do 2 bootcamps!

No wonder boxing day will see so many of us nursing an aching gut and guilty conscience. But there is no need to shun your favourite fare completely – just follow our guide to what you should eat before, during and after Christmas dinner, and you won't feel like a stuffed turkey come New Years Eve.

Before

When you wake up skull several glasses of water before breakfast. People who drowned half a litre of water before their first meal of the day consume an average of 30 fewer kilojoules at breakfast than those who don't drink. A lot of what we experience as hunger is actually the body crying out for water. Plus water helps you flush out those toxins, which you will probably have a lot of after last nights shenanigans!

Breakfast time

Start your day with scrambled eggs. Eating a healthy breakfast within half an hour of waking up kick starts your metabolism for the day. And there is no better source of fuel than eggs. Eggs are the best protein source on the planet plus they are full of all 9 essential amino acids so they are an ideal weight loss food.

An hour before feast time

Munch on some apple slices. In one study, dieters who ate 3 apples or pears a day lost significantly more weight than those who ate three oat biscuits instead.

For entrée

Nosh on spicy nuts. Sure peanuts are high in kilojoules, but they are also filling and naturally curb your food intake throughout the day. It is found that when people consume 2000kj of peanuts daily for 19 weeks their resting metabolic rate increased by 11 percent compared to baseline – even without exercise. Snack on spicy ones and you will get a bigger metabolic boost. Research shows that capsaicin, a compound in chilli, suppresses hunger and increases satiety. Plus it makes you sweat – and that increases fat burning.

If your having a barbecue

Squeeze lemon juice over your prawns.

The vitamin C in citrus produces carnitine, a compound that pushes fat into muscles where its used for energy to boost the metabolism. The more vitamin C in your blood, the less weight and fat you carry.

For dessert

Pass on the pudding and go for a fruit platter with crystallised ginger chunks.

Ginger – either fresh, glazed or in tea – encourages secretion of digestive enzymes that settles the stomach, soothing indigestion and neutralising stomach acids. Ginger is also a powerful antioxidant, so while it helps to reduce any wind, it is also fighting off free radicals.