



Silly Season Serve Sizes



how to avoid weight gain
in the lead up to Christmas
with this quick guide to
festive food serves

by Trudy Williams

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If you're viewing this on your computer and want to find out more about the original book *“this=that”* or Trudy Williams, then the link is live, so simply click on [FoodTalk](#). If not, go to the website at www.foodtalk.com.au and take a look around.

You will love *“this=that”*. It contains more than 400 life-size photos that make healthy eating, weight loss and nutrition easy.

If you received a copy of this from someone else, then you will also want to visit [FoodTalk](#) and join up for more free food and nutrition tips.

NOTE:

In the original book, the images are shown life-size but when you view images on a computer screen, you're in control of the screen viewing size so the size you choose may be larger or smaller than real life. The pictures are still in the correct proportions.

The images are also a much better in the hard copy original book with high resolution, excellent quality and colour production.

You will never get a very good reproduction on computer screens, mobile devices and home printers from low-resolution, small pdf files that are distributed via the internet.

If you print this out and want to keep the images as close to life-size as possible, then do not choose 'scale to fit' in the printer settings.

Christmas Day is a day filled with old memories ready for new ones to come.

It is also filled with festive food and flavours that flow through the day and special touches are added to meals and the table; a day when even the thought of food restriction or portion control should not enter your brain, unless your life really depends on it.

But if you're tempted to sample silly season foods in the lead up to Christmas then one lasting memory that may not be so pleasing could well be extra kilograms added to your body.

Workplace parties, annual get togethers, and casual sampling of festive party food adds up very quickly, so stop and think before you take another bite of silly season food.

To help you see what impact silly season foods have on your body and kilojoule intake, Trudy Williams has created this graphic guide using images from her latest book *"this=that: a life-size photo guide to food serves"*.

Each image page is a serve and equals 600 kJ (140 cal).

You'll quickly see how easy it is to overeat some festive foods and what to choose instead.



1/2 of a mini christmas
fruit mince pie

Would you really stop at just ½ a mini fruit mince pie?

Probably not and if you did stop at just one, you'll be doubling your kilojoule(calorie) intake, in just a few small bites.

Demolish a tray of 6 mini fruit mince pies over the course of a day and you've consumed about 7200 kJ (1700 cal).

For those in the know, that's more kJs than many women need in a day to run their body.

For guys, a daily total of 7200 kJ will get you weight loss, but could you really only eat 6 fruit mince pies and nothing else for an entire day?

a very small dish of
chocolate coated fruit & nuts
(1.5 tablespoons)



Although chocolate coated fruit and nuts might take longer to crunch through than $\frac{1}{2}$ fruit mince pie, they are an incredibly tempting nibble food.

This serve is very small –not even half an eggcup.

You'd be wiser to buy nuts still in their shells because you have to work and crack the shells before you can eat them!

Anything that slows down the hand-to-mouth move is a bonus when your plan is to lose weight or prevent unwanted weight gain.



a very small dish of mixed nuts
(1/2 cup in shell)

When you put out the party platters, include plenty of brightly coloured festive season fruits to replace and reduce the other silly season foods.

You'll see why very soon when you look at the photos that follow.

The serve shown on each single page gives you 600 kJ (140 cal).

It's clear that the fruit photos are much, much larger and just one selection of fruit will serve more people than a serve of the other festive foods.

3 small christmas rum balls





+



4 apricots
plus
1 cup cherries

So what will your choice be?

3 baby rum balls OR 1 cup of cherries plus 4 apricots?

You might even struggle to finish this fruit serve in one sitting!

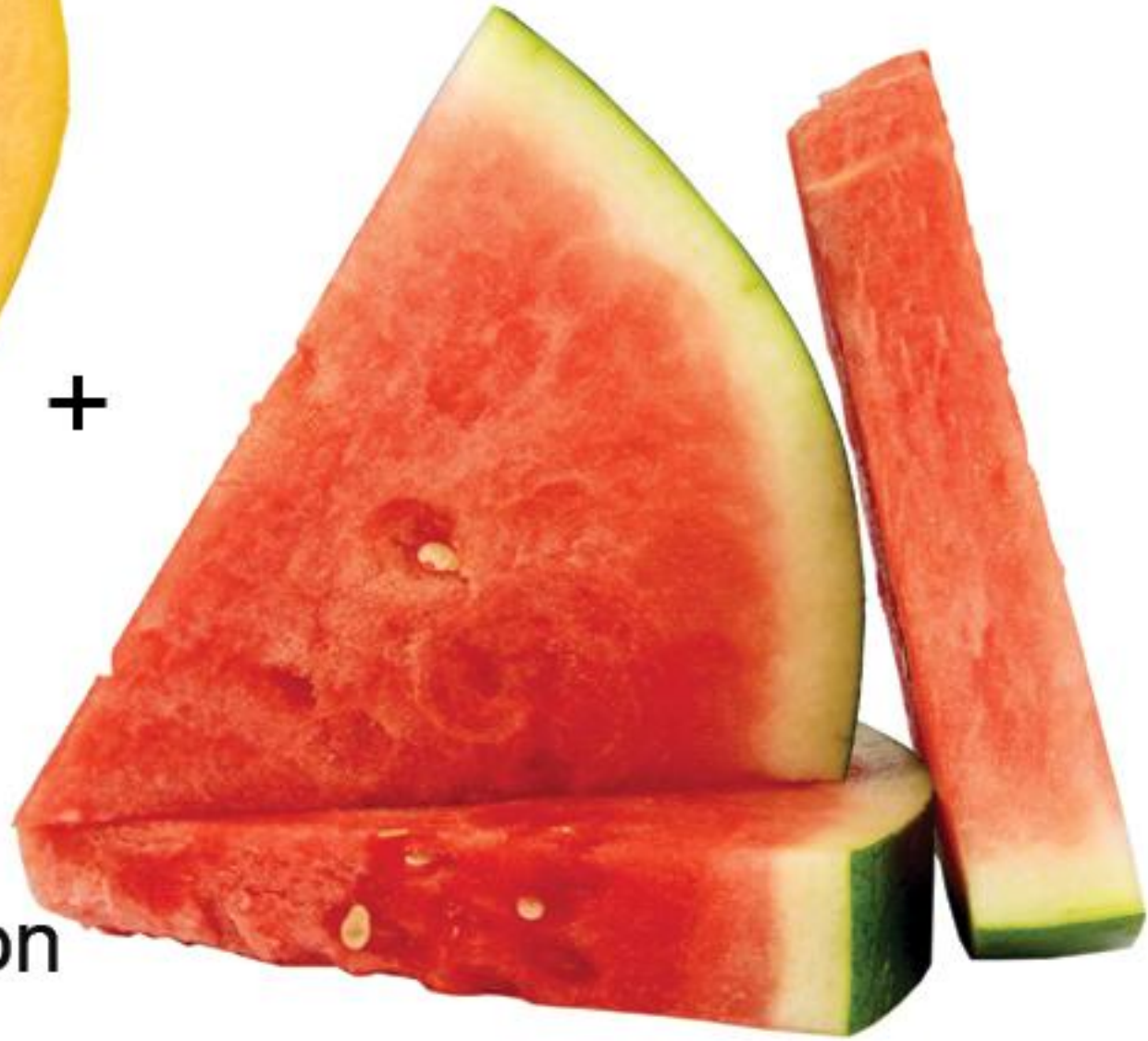
Sweet summer fruit is something that your mouth will love and your body will thank you for.

Melons go a long way – leave the skin on as a ‘handle’ or cut them into little shapes or balls to pick up with toothpicks on your next party platter.

Guests will love you for your generosity.



+



1/3 rockmelon
plus
3 wedges watermelon

Slice up $\frac{1}{3}$ rockmelon and 3 wedges of watermelon and put them on a plate

Now look at the skimpy size of 2 shortbread biscuits on the next page.

Which will take you longer to eat? Which will serve more guests?

No prizes here for choosing the obvious – fruit.

Kilojoule-wise, a single shortbread biscuit = 3 wedges of watermelon or $\frac{1}{3}$ rockmelon.



2 shortbread biscuits

It's your choice and I suspect you already know which is more hazardous for your weight.

Keep the shortbreads for Christmas Day!

Take advantage of seafood in the summer season.

You might be thinking that prawns, scallops and oysters are expensive but what price do you place on good health and weight for your body? How much have you spent on gym membership and dieting already?

And just to remind you.

The serves shown give you the same energy or fuel value of 600 kJ (140 cal), so 4 small 'yum cha' parcels = 300 g of prawns (18 to 20 prawns).



18 - 20 prawns
(300 g in shell)



4 small 'yum cha' parcels

Treat yourself to a generous serve of prawns rather than a tiny serve of pastries.

Go on, your body is worth a bit of self-indulgence with seafood.

8 bits of good advice:

1. Buy up big on seasonal fruits, vegetables and salads. Summer fruit is spectacular and the season is short so grab it while you can. You can eat large serves of summer fruit compared with other festive 'treats'.
2. Start diving into a fresh fish shop for the summer supplies of prawns and other seafood.
3. Enjoy other festive foods on one special day but not before and not after. On that day, eat when you want and what you want until you're full and happy.
4. Don't buy the goodies ahead of time because you know you will be tempted to eat them each time you open the pantry. The shops and markets never run out so don't buy them ahead of time. Order ahead if you're worried about missing out on something that is extra special but don't pick it up until the last moment. Put money aside from the weekly shop so you have enough money for a bigger shop just before Christmas Day.

5. If your pantry is already filled with festive foods that you find hard to resist, you've got a couple of choices. Donate them to a charity food drive today and then restock your pantry in late December. Or pack them into a cardboard box; seal it well and put the box well out of sight and reach. Out of sight, out of mind works but be sure to make a note in your diary about the hiding place so when it comes to the final big Christmas shop you are not doubling up.
6. Aim not to over cater. Know how many you're catering for and buy enough to share. If you do over cater, then stuff santa sacks with festive food for guests to take home.
7. Don't be tempted to snap up specials after Christmas Day. The more food lurking in the cupboards, the more risk of you putting on excess weight. Any New Year's resolution to get healthy and fit will be off to a bad start.
8. Discover many, many more foods and drinks compared inside *"this=that: a life-size photo guide to food serves"* available from [FoodTalk](#).

If you enjoyed this guide, then you will love *“this=that: a life-size photo guide to food serves”*.

Written by award-winning dietitian [Trudy Williams](#) and containing more than 400 life-size photos, *“this=that”* makes eating well for weight loss and good nutrition easy.

Portion control has never been easier.

Because the images have to be locked life-size in full colour, *“this=that”* is only available in hard copy from <http://www.foodtalk.com.au>. The book is huge.

Discover more about *“this=that”*, visit [FoodTalk](#)

I promise you won't be disappointed. If you are still unsure, read what others have said at [The Scoop on Nutrition](#).

Order in November or December and we'll gift-wrap it for you if you want.

Trudy