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## Don't pig out this Horse Year

BY LYNETTE GOH

**C**HINESE New Year is often a time of excess for many, especially when it comes to eating. During the 15 days of celebrations, people tend to feast or snack excessively.

Coupled with a possible reduction in physical activity during this period, one can easily gain 0.5kg to 1kg by consuming an additional 500kcal every day.

Undesired weight gain, which may lead to one becoming overweight or even obese, can increase the risk of getting diseases like diabetes, high cholesterol, heart disease and hypertension.

Paying attention to your intake versus how much you exercise can help to combat undesired weight gain.

Prevention is the key. Being mindful of what you are eating, with a focus on eating healthily, can help you to enjoy the festive season and your meals without having to compromise on your health.

You should still eat regular meals when you go visiting; do not skip meals or substitute meals with snacks. Start the day with a wholesome, whole-grain breakfast and avoid going visiting on an empty stomach to prevent overeating or indulging in festive treats.

Here are more tips to help you this festive season:

» Drink at least eight glasses of water – inadequate water intake may give you a false sense of hunger and result in overeating and excessive snacking.

» Take smaller portions of New Year goodies.

» If it's impolite to say "no", learn to say "later" if you are not keen to indulge in a particular goody.



» Cut treats like bak kwa into bite-sized pieces and limit yourself to a fixed number of pieces per day.

» Use a bowl to hold festive treats instead of eating from the whole tub to avoid overeating.

» Share festive treats with friends and relatives.

» Say 'neigh' to calories

How much exercise do you need to work off these Chinese New Year goodies?

Food	One serving	Calories (kcal)	Exercise	Time
 <b>Bak kwa (Barbecued pork, lean)</b>	1 piece, 94g	370	» Jogging at 9.7kmh	37 min
			» Jogging at 8kmh	46 min
			» Swimming	62 min
			» Brisk walking at 4.8kmh	1 hr 52 min
 <b>Kueh bangkit (Coconut cookies)</b>	5 pieces, 30g	115	» Jogging at 8kmh	15 min
			» Swimming	20 min
			» Brisk walking at 4.8kmh	35 min
 <b>Love letters</b>	3 rolls, 39g	168	» Jogging at 9.7kmh	17 min
			» Jogging at 8kmh	21 min
			» Swimming	28 min
			» Brisk walking at 4.8kmh	51 min
 <b>Nian gao</b>	1 piece, 71g	164	» Jogging at 9.7kmh	16 min
			» Jogging at 8kmh	20 min
			» Swimming	27 min
			» Brisk walking at 4.8kmh	50 min
 <b>Pineapple tarts</b>	3 pieces, 60g	246	» Jogging at 9.7kmh	25 min
			» Jogging at 8kmh	31 min
			» Swimming	41 min
			» Brisk walking at 4.8kmh	1 hr 15 min

SOURCE: NATIONAL HEALTHCARE GROUP PHOTOS: THE STRAITS TIMES

» Do not buy too much food or snacks to avoid indulging.

» Limit alcohol intake – alcohol is high in calories and excessive consumption can be harmful to your health.

» Make up for it with exercise – while those treats

are irresistible and you may think that such festive periods will come and go, it is still important for you to work those extra calories off!

See how much exercise you will need to put in for the amount of goodies you consume, with this table of popular goodies and the calories they pack.

Remember, there is no need to forsake all the goodies this festive period, but doing everything in moderation is always the key to staying healthy.

So put a spring in your step and keep the excess weight off through healthy eating during the New Year.

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