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Beat The Festive Fallout

FOLLOW STAR STYLE'S TIPS TO AVOID THOSE **DEADLY** PARTY PITFALLS...

1 Rebuff The Buffet

The buffet table is a dieter's worst nightmare, but be strong! Stick to healthy salads, vegetables and lean meats, and don't overdo it on calorie-laden canapés. Opt for olives, crudites, fresh prawns and low fat salsa dips, avoiding the fat-packed, deep-fried nibbles, bread sticks and anything pastry-based.

2 Drink Up

Making merry is the name of the game during the party season, but before you knock back another cocktail, think of your waistline! Swap a fattening pina colada (667 calories) for a white wine spritzer (130 calories) and your skinny jeans will thank you for it.

3 Dig In

Take advantage of seasonal fruit and veg on offer. Turkey is the leanest meat you can eat and a great source of protein, cranberries are packed with antioxidants and roasted chestnuts are virtually fat free.

4 Stay Active

With a packed social diary, it can be hard to fit in your regular gym sessions.

But don't fret! Christmas shopping is a cardio workout in itself. Pacing from one end of any one of Dubai's enormous malls to the other and pounding up and down the escalators laden with bags is a great, low impact exercise and will burn calories painlessly (but expensively!)

5 Herbal Helpers

Give your body a helping hand to survive the crazy festive season. Take milk thistle supplements daily to boost your liver, peppermint to aid digestion and try to limit your caffeine intake. Even though you may feel like downing an espresso to combat all those late nights, waking up your system by drinking a litre of water instead is far healthier.

6 Plan Ahead

Always have a small snack a few hours before turning up at a party. Starve yourself in anticipation all day long, and you're more likely to Hoover up the buffet table as soon as you arrive. A bowl of cereal with skimmed milk, a low fat yoghurt with a banana or a small serving of soup will take the edge off pre-party hunger pangs.