

Eating during festive occasions and social gatherings

Food is often an integral **part of social experiences**, such as going to a buffet for celebrations, or catching up with friends over a meal in a restaurant. However, these situations may encourage overconsumption, especially of less nutritious food.

Some tips on how to eat healthy during social occasions:

- **Having a bottle of water on hand** helps you stay hydrated and you will have a readily available alternative to sugary drinks.
- If a meal portion served is too much or if there are leftovers, **don't be afraid to ask to take it away to consume at a later time.**
- **Avoid alcohol** as it provides empty calories, i.e., provides energy with limited nutritional value. If you do drink, **limit your intake and don't consume alcohol on an empty stomach** as it can cause hypoglycaemia (low blood sugar) if consumed excessively.

