



# A fresh start

Your plans for the New Year eve need not ruin your first day of the year. Here are a few tips to stay fit and healthy post a party

BY MUNMUN GANERIWAL

**W**e just bid farewell to Diwali. Christmas and New Year are around the corner and it is soon going to be raining parties again. While you may be checking on your diet to fit into that tiny black dress and party hard, you certainly would not want the night to turn out to be the 'spoiler' on all the efforts you have made so far. Find below a few tips that you can follow to eat right at a party and ensure that you do not spend the next day repenting or curing the hangover. In short, here is how you can have the cake and eat it, too!

**1. Eat at home before you leave:** I often see people

skipping their lunch for an impending evening party. Not only should you avoid skipping meals during the day, but also ensure you eat before leaving. Eating a small snack of nuts, cheese toast or a wholesome meal of dal-rice or roti-sabzi at home beforehand will mean you arrive at the party satisfied and not starving.

**2. Drink wise:** Eat good fats like cheese, paneer, peanuts, olives, etc, or fried starters along with your drinks. Having food in the stomach will help slow the processing of alcohol and will also help to form a thin lining in the stomach to digest the alcohol easily and prevent a bad

hangover the next day.

**3. Stay hydrated and take it slow:** To pace yourself, have no more than one standard drink per hour, with water as 'drink spacers' between your alcoholic drinks. Note that for every person, no matter their size, it takes about one hour for the liver to completely digest one standard drink. Sipping on your drink slow and staying well hydrated keeps the liver from being overloaded; it enables a person to maintain a safe blood alcohol concentration and achieve the social relaxation effect that most people desire.

**4. Eat before you sleep:** Make

sure you eat your dinner and not hit the sack on an empty stomach. Pick any two items for your main meal from the spread. Stay away from dips, sauces, chips, munchies, etc, and choose more wholesome options like biryani-raita, roti-paneer sabzi, pulao-curd, etc. Eat dessert, if you wish, 45 minutes to an hour after your main meal.

**5. Be mindful:** Concentrate on your meal while you are eating it. Focus on chewing your food well and enjoying the taste, aroma and texture of each item. Research shows that multitasking during mealtime (whether at home or at a party) can make you pop mindless calories into your mouth. Of course, dinner-party conversation is only natural and important, too, but it will be a good idea to set your food down until you are finished chatting so you are more aware of what you are taking in.

**6. Start right the next day:** Start your next morning with a glass of water boiled with one or two strands of saffron. Drink it on an empty stomach while still warm. Follow it with a banana and a teaspoon of gulkand (rose petal jam). This will help detox your system, and prevent or cure headaches or hangovers, if any.

**7. Up your fluid intake:** Since alcohol consumption causes dehydration, one tends to get dry mouth, tiredness, headache, dizziness, light headedness, etc, the next day. Consume fluids like sugarcane juice, coconut water or kokum sherbet liberally throughout the next day to ensure you are rehydrated well.

Stay happy and healthy. Happy partying!

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