

BIG BUMPER ISSUE!



CORRIE'S SKINNY FIZ

'My festive food swap secrets'

EXCLUSIVE!

EASTENDERS SHOCK

Stacey's set for divorce!



STRICTLY'S CAMILLA

'The truth about me and Gethin'



GOSSIP!



'Mummy, rescue me for Christmas'

STOLEN!



The
PARTY PANIC DIET



FERN'S SEXY CHRISTMAS

How she'll keep the party season pounds off!

WIN £23,000 OF FREEBIES
PLUS! 229 GORGEOUS GIFT IDEAS

The good buffet guide

Guilt-free nibbles
GUARANTEED

You can watch your weight and still enjoy the festivities with our canapé calorie gallery...



Not all party snacks are wicked

✗ Sinner

Cheese and chive dip (50g)
Cals: 270 Fat: 27.6g
The sort of dip that goes right to the hips

✓ Winner

Low-fat houmous (50g)
Cals: 121 Fat: 8.4g
Not quite sin-free but better nutritionally



✗ Sinner

1 mini pork pie
Cals: 192 Fat: 13.6g
Don't be a piggy now...

✓ Winner

1 Sainsbury's Mini Cornish Pasty
Cals: 106 Fat: 7g
This will paste a smile on your face



✗ Sinner

6-8 onion rings
Cals: 276 Fat: 15.5g
And he won't love your onion breath...

✓ Winner

2 handfuls popcorn
Cals: 120 Fat: 2.5g
Try to only take one handful at a time...



✗ Sinner

1 Sainsbury's Tempura King Prawn
Cals: 65 Fat: 4g
Beware of the batter

✓ Winner

1 Sainsbury's Party Chicken Satay
Cals: 16 Fat: Next to nothing
Chargrilled chicken is a great way to fill up



✗ Sinner

1 portion profiteroles
Cals: 310 Fat: 19.5g
The only profit you'll see will be on the scales

✓ Winner

1 Tesco Finest Mini Mince Pie
Cals: 95 Fat: 3.7g
Leave one out for Santa



✗ Sinner

1 slice goat's cheese tartlet
Cals: 220 Fat: 16.7g
Veggie doesn't always mean virtuous

✓ Winner

1 Waitrose Mini Quiche
Cals: 70 Fat: 4.8g
Bite-sized so don't have too many



✗ Sinner

1 slice Christmas cake
Cals: 249 Fat: 8g
It's fruity but fattening, so fingers off!

✓ Winner

1 slice Yule log
Cals: 101 Fat: 3g
It's cool to have a thin slice of Yule



✗ Sinner

1 slice four-cheese pizza
Cals: 330 Fat: 8g
You don't want a pizza this action

✓ Winner

1 pesto, mozzarella and tomato bruschetta
Cals: 100 Fat: 5g
Italians do it better!



✗ Sinner

1 cheese straw
Cals: 41 Fat: 2.7g
How can something so thin be so fattening?

✓ Winner

1 sesame seed breadstick
Cals: 21 Fat: 0.4g
All the crunch - half the cals



✗ Sinner

1 M&S Mini Lamb Kofta
Cals: 46 Fat: 3.2g
A kebab's never a good way to end a night out

✓ Winner

1 Cauldron Ricotta and Spinach falafel
Cals: 30 Fat: 1.9g
Grab a falafel and you'll soon feel-a-full



✗ Dodgy drinks

WKD vodka 228 cals

Baileys 258 cals

Mulled wine 356 cals

White Russian 360 cals

Piña colada 530 cals

Margarita 453 cals



✓ Top tipples

Gin & Slimline Tonic 60 cals

Dark rum & Diet Coke 70 cals

Vodka, cranberry & soda 87 cals

Champagne 89 cals

Buck's Fizz 134 cals

Bacardi Breezer 198 cals

