



Audit Service Bulletin

Vision : To become a world class supreme audit institution, delivering professional, excellent and cost effective auditing services

Season's greetings from the Auditor-General, Mr Johnson Akuamoah Asiedu

As the year draws to a close, I wish to extend my heartfelt gratitude to our dedicated staff for your hard work and commitment to excellence in protecting the public purse.

To our stakeholders, thank you for your trust and collaboration.

May this Yuletide bring joy, peace, and time to cherish with loved ones.

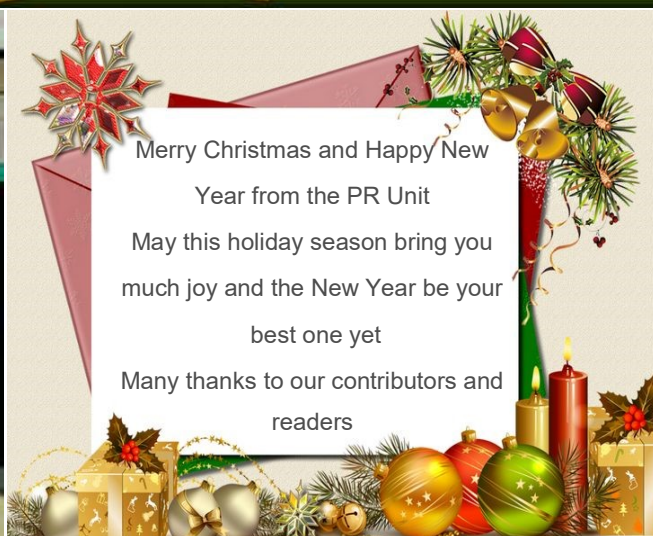
Wishing you a Merry Christmas and a prosperous New Year.

May God be with you all.



Merry

Christmas



In this issue:

- ⇒ End of year message from the Auditor-General - Pg.1
- ⇒ End of year message from Board Chairman - Pg.2
- ⇒ Audit Service bids farewell to three management members - Pg.2
- ⇒ End of year messages from the Deputy Auditors-General - Pg.3
- ⇒ End of year messages from the Deputy Auditors-General - Pg.4
- ⇒ End of year messages from the Regional Auditors - Pg.5
- ⇒ End of year messages from the Regional Auditors - Pg.6
- ⇒ End of year messages from the Regional Auditors - Pg.7
- ⇒ End of year messages from the Regional Auditors - Pg.8
- ⇒ The MTEF Mirage: Plans without commitment - Pg.9
- ⇒ Audit Service records major gains in payroll cleansing and fiscal accountability - highlights from the 2026 Budget Statement - Pg.10
- ⇒ 9 Dietitian Approved Tips for a Healthy Holiday Season - Pg.11

Articles and contributions are welcome from staff



Christmas message from the Board Chairman, Mr. Victor Cudjoe Gborglah

Dear Colleagues,

All too soon we are approaching the close of another remarkable year. Although we as a Board of Directors has been in office for a few months, we share in your hard work and dedication throughout the year.

Your commitment to safeguarding the public purse, strengthening accountability, and upholding the highest standards of public service has been evident. The challenges we faced only highlighted your resilience and your unwavering

belief in the mission of the Service. For this, the Board of Directors and I are deeply grateful.

We would therefore like to extend our appreciation to every member of the Audit Service family. This season offers us a moment to pause, reflect, and celebrate the dedication, professionalism, and integrity that each of you brings to our Service.

As you celebrate with your families and loved ones, I encourage you to rest, rejuvenate, and return with renewed energy



for the opportunities ahead. May this festive season bring you peace, joy, and good health.

On behalf of the Board of Directors of Audit Service, I wish you a Merry Christmas and a prosperous New Year.

Audit Service bids farewell to three management members

The Service bade farewell to two Deputy Auditors-General and one regional auditor who retired in the year 2025. These are Mr. Mohammed Zakaria Ali, DAG, Central Government Audits Department, Madam Elizabeth Botchey, DAG, Educational Institutions and District Assemblies, Northern Zone and Madam Pearl Klu, Western Regional Auditor.



Mr. Mohammed Zakaria Ali



Madam Elizabeth Botchey



Madam Pearl Klu



End of year messages from the Deputy Auditors-General

Mrs. Roberta Assiamah-Appiah

(Educational Institutions and District Assemblies, Southern Zone)

As the year ends, I want to take a moment to sincerely thank each of you. Your dedication, hard work, and commitment have been the driving force behind our achievements. Through every challenge and success, your professionalism and teamwork have truly made a difference.

I am proud of all we have accomplished together and grateful for the passion and energy you bring to every task. Your contributions are deeply appreciated, and I feel proud of you all.

Wishing you a joyful and restful holiday season. I look forward to another year of shared success and growth.

Merry Christmas and a Happy New Year!



Mr George Swanzy Winful

(Educational Institutions and District Assemblies, Northern Zone)



I extend my sincere appreciation and heartfelt thanks to you all for your dedication, professionalism, and commitment to duty.

Your collective efforts throughout the year have been instrumental in the effective discharge of our constitutional mandate. Your resilience and teamwork continue to serve as a source of strength to our institution and a clear demonstration of your unwavering commitment to service to the Republic.

As we reflect on our achievements and look ahead, I encourage us all to remain united, innovative, and steadfast in our pursuit of excellence. Let us continue to support one another and uphold the core values of integrity, independence, and accountability that define our institution.

I wish you and your families good health, peace, and renewed strength. May the coming year bring greater opportunities, professional fulfilment, and continued success in all our endeavours.

Me ma mo Afiehyia paa oooo!!!

Madam Eugenia Shorme Nortey

(Finance, Administration and Human Resources Department)

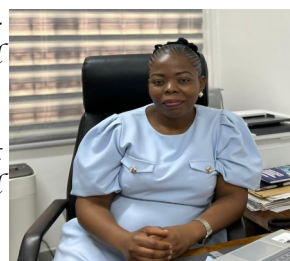
As we draw the curtains down on 2025, I want to take the opportunity to express sincere gratitude to you all. Just like every year, we face challenges and obstacles, but collectively, we surmount it and forge ahead.

I would like to thank you for your commitment, resilience and support throughout the year. Your collective efforts continue to uphold the standard and values of the Audit Service.

As we celebrate Christmas, may you enjoy the moments of peace, happiness and togetherness with your loved ones.

I wish you a prosperous and a fulfilling New Year, filled with renewed strength and success.

Merry Christmas and a Happy New Year.



End of year messages from the Deputy Auditors-General

Mr Samuel Frimpong Manso
(Performance and Special Audits Department)

Dear Colleagues,

Once again, all too soon, 2025 is ending, and a new year (2026) is dawning upon us. This is an opportune time for us to pause, reflect on the activities and programmes we undertook during the year, and draw lessons from them as we prepare for a better 2026 and beyond.



As Christmas approaches, there is no doubt that we are in a festive mood. It is important for both Christians and non-Christians to recognise the significance of this season and the values it represents. Christmas, in general, signifies love, peace, hope, forgiveness, and God's presence with humanity. These virtues are cherished by every well-meaning person and resonate across all religions.

This period should therefore encourage us to love one another, live peacefully together, hope for the best, forgive one another, and allow God to dwell in our midst.

As staff of the Audit Service, my wish is that the festive season provides us with a perfect opportunity to reflect on the impact of our work. Through your diligence in conducting audits, adherence to standards, commitment to meeting deadlines, and dedication to producing quality reports, you continue to safeguard public resources and enhance public trust. I have no doubt that the Audit Service Board and Management will continue to support us as we collectively uphold the highest standards of integrity, professionalism, and teamwork.

This special occasion calls for warmest wishes to you and your families. May this season bring you peace, joy, and well-deserved rest. I encourage you to take time to recharge and spend quality moments with your families, friends, and loved ones.

I am excited about the year ahead and confident that, together, we will achieve great results and continue to make a positive impact through our audit work in service to the nation.

Long live the Audit Service!

Long live Mother Ghana!

Merry Christmas and a prosperous 2026 to you all.

Warm regards.

Madam Judith Kwaaku
(Central Government Audits Department)

As we draw 2025 to a close, I extend a heartfelt season's greetings to you all. This festive season reminds us of the values of unity, gratitude, and hope.

I sincerely appreciate your dedication, professionalism and commitment throughout the year. Your hard work and teamwork have contributed significantly to the success of the Audit Service.



May the holidays bring joy, peace, and prosperity to you and your loved ones. As we step into 2026, let us continue to uphold excellence, integrity, and dedication in all that we do.

Wishing you a joyful festive season and a successful New Year!

Mr. Samuel Nii Odartey Lamptey
(Commercial Audits Department)



The DAG and the entire staff of the CAD extend warm best wishes for the season, as the light of Christmas shines upon our homes.

As we recognize our diversity, let this season be a moment for contemplation, taking stock of our blessings and practicing forgiveness.

Let us also reflect on how we can each contribute to making the spirit of Christmas a joyful one for all.

May we continue to uphold the essence of solidarity by strengthening our existing relationships.

May God grant us shelter from the rain and laughter to cheer one another.

Wishing you peace, joy, and abundant blessings this Christmas and in the year ahead.

End of year messages from the Regional Auditors

DR. Emmanuel N. Botchway (Upper West Region)



A Time for Rest and Reconnection

The festive season is a time for family, community, and spiritual renewal. I encourage each of you to disconnect fully, recharge, and return in January with refreshed energy and enthusiasm. Please travel safely if you are journeying to be with loved ones.

Final Words of Thanks

It is both an honour and a privilege to serve as your Regional Auditor. Thank you for your trust, your hard work, and your unwavering integrity. You are the backbone of accountability in the Upper West Region.

Let us enter 2026 with a united spirit, ready to uphold the public trust with even greater dedication and innovation.

Wishing you and your families a peaceful, joyful, and prosperous Holiday Season and a truly blessed New Year.

With sincere gratitude and best regards

Mr Johnson Owusu (Oti Region)



There is no better time of the year than this festive occasion for me to share a heartfelt message with the hard-working staff of the Audit Service.

To you the hard-working men and women of Audit Service, I say 'Ayekoo' !!

Your hard work is truly appreciated!!

I wish you all a festive Christmas filled with peace, love, laughter and joy this Christmas and always.

May the holiday season bring you special moments and happy memories.

Madam Kubura Lamisi Mohamadu (Ahafo Region)



I want to thank each and every staff of the Ahafo Region for being so hardworking this year. Your dedication and commitment to work throughout the year was very remarkable.

With your support, we were able to meet our targets and accomplish all the goals that we set for ourselves as a team. When I look back at the achievement for the year, we could not have made it without all of you coming on board.

I am looking forward to an amazing year ahead to continue contributing towards the achievements of the mandate of the Audit Service.

May this season be a time to spend quality time with your family and loved ones and reflect on the year ahead.

Warm wishes and the best of the season to you.

Mr Samuel Amofa (Upper East Region)

My Beloved Upper East Team



As we close out another year of diligent audits, precise reporting, and unwavering commitment to good governance and accountability, I want to extend my heartfelt thanks to each of you. Your dedication has ensured our region's operations remain robust and compliant, even amidst challenges.

This year was full of special assignments and you diligently performed your various roles well, kudos to everyone. I wish you, your families, and loved ones a joyful Christmas filled with peace, rest, and cherished moments.

May the new year bring fresh opportunities for growth and success.

With gratitude and best holiday wishes

End of year messages from the Regional Auditors

Mr Samuel Etiako (Bono East Region)



Merry Christmas and Happy New Year to Our Incredible Team!

A moment to express my heartfelt gratitude to each and every one of you. Your hard work, dedication, and passion have made this year truly remarkable.

As we celebrate the holiday season, I hope you're able to relax, recharge, and enjoy quality time with your loved ones. May your families be filled with laughter, love, and fond memories of the year.

Thank you for your outstanding contributions this year. I am excited for what the new year holds and look forward to achieving even greater things together

Warmest wishes for a joyful holiday season and a prosperous, successful new year.

Best regards.

Mr Christian Doku (Greater Accra Region)



Dear Team,

As we come to the end of the year, I want to take a moment to sincerely thank each of you for your dedication, hard work, and commitment throughout the year. Your efforts, teamwork, and resilience have made a real difference, and I am truly grateful for everything you do.

Christmas is a time to reflect, to appreciate one another, and to enjoy well-earned rest with family and friends. I hope this season brings you happiness, peace, and a chance to recharge as we look ahead to the new year.

Thank you for being such a valued part of our team. I wish you and your loved ones a very Merry Christmas and a happy, healthy, and successful New Year.

Madam Cordelia Mensah (Northern/Northeast and Savannah regions)

As the Harmattan winds usher in the close of another year, I extend my deepest appreciation to all staff across the Northern Region for your unyielding dedication to our mandate.

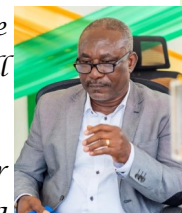


Despite the unique logistical challenges of our vast terrain, you have remained steadfast in your duty to protect the public purse and uphold the high standards of the Audit Service; for this, I commend your professionalism and resilience.

I wish you and your families a Merry Christmas and a prosperous New Year. I urge you to use this period to rest and recharge, ensuring you prioritize safety in your travels during the festivities. Let us return in the new year with renewed energy to continue our vital service to the nation.

Mr Evans Agyin (Central Region)

To God be the glory, great things He has done and greater things He will do.



We are grateful to God Almighty for His protection and sustenance during the year.

We are grateful to management for the support received, which enhanced our efficiency.

To the District heads, I thank you for your commitment and dedication to work.

I sincerely appreciate all the staff in the Central Region for your hard work.

Christmas is for joy and celebration; enjoy it with your loved ones and let us also find time for reflection.

I hope to see you in the new year well refreshed.

Merry Christmas and a Happy New Year

Afenhiyapa

End of year messages from the Regional Auditors

Mr John Nwozah (Volta Region)



2025 has been a challenging year due to resource constraints. Yet, YOU sacrificed to work and met most targets. Ayekoo

On this festive season, I wish every staff a joyous holiday filled with love, laughter, and happiness! Your hard work and dedication mean the world to me.

We look forward to a fantastic new year, sharing a common vision and goals. I urge you all to aim higher and be assured that with your talent and commitment, we'll achieve greater things.

Congratulations to the newly promoted staff and best wishes to those preparing to attend the interviews.

To all staff, let's work together to make the Volta Region one of the Best.

MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR TO A GREAT TEAM!

William Bediako (Eastern Region)

The Almighty God has been faithful to us all by taking us through such an eventful year. We cannot hold but express fervent gratitude to Him for such a favor upon our lives.



I wish to express my inner most gratitude to Staff of Eastern Region for your dedicated service to duty and towards the attainment of our mandates as State Auditors despite the multitudinous challenges that confronted us in the course of the year.

May the spirit of Christmas bring peace, love and happiness to you and your families.

May this season be full of light and laughter for you and your loved ones.

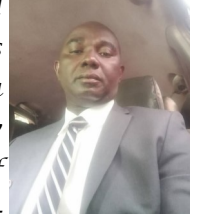
May the new year be filled with only beautiful memories and laughter.

Merry Christmas.

Thank you.

Dr Emmanuel Fosu Gyeabour (Ashanti Region)

As the year draws to a close, I extend warm Christmas greetings and sincere best wishes for a peaceful and prosperous New Year to Management and staff of the Ghana Audit Service, particularly officers and staff within the Ashanti Region.



Throughout the year, officers and staff across the Region have demonstrated admirable commitment, resilience, and a strong sense of responsibility in the discharge of our constitutional mandate. Your dedication, professionalism, and teamwork have contributed significantly to strengthening public financial accountability and promoting good governance within the Region.

The collective efforts, cooperation, and sacrifices made by officers and staff have played a vital role in enhancing the effectiveness and positive image of the Service in the Ashanti Region. Your willingness to go the extra mile, often under demanding conditions, is deeply appreciated and worthy of commendation.

As we share in the joy of the Christmas season, may it fill our hearts and homes with peace, warmth, and renewed hope. The New Year offers us a fresh opportunity to build on our achievements, embrace innovation, and further deepen our commitment to excellence, discipline, and selfless service to the nation.

I express my sincere appreciation to all officers and staff in the Ashanti Region for your hard work and unwavering dedication. I wish you and your families a Merry Christmas and a healthy, fruitful, and successful New Year.

End of year messages from the Regional Auditors

Peter Gyabaah Kumi (Western North Region)



On behalf of the Management of the Region and in my capacity as the Acting Regional Auditor, I extend my heartfelt appreciation to all staff of the Western North Region of Audit Service for your dedication, professionalism, and commitment throughout the year.

Your unwavering efforts in promoting accountability, transparency, and good governance across the region are truly commendable. I am grateful for your teamwork and resilience in fulfilling our mandate.

May Christmas bring us peace, joy, and renewed strength. May the coming year be filled with good health, success, and fulfillment in both our professional and personal lives.

I wish all staff and their families a merry Christmas, a prosperous, and successful new year.

Thank you for your continued support and cooperation.

Mr Ebenezer Awukune Achana (Bono Region)



We started the year 2025 with high hopes and aspirations, some wished to marry, some wished to be promoted to new ranks, some wished for career advancements and so on. Unfortunately and sadly, some of our loved ones, families and colleagues dear to our hearts are not with us today. May their Souls Rest In Perfect Peace.

To our hardworking staff of the Service, especially those in Bono region, I wish to express my gratitude to you for your contributions and commitments to duty towards the achievement of the objectives of the region and the Service at large are duly recognized and deeply appreciated. I have not forgotten the sacrifices you have made during the year, as some you have your families and loved ones staying in different places far from where your duties are needed. Now, as we celebrate the Christmas and the year new, make time for your families and loved ones, rest and enjoy the season.

Wishing you all the best as you will return in 2026 with Renew mind and strength.

GOD BLESS AUDIT SERVICE, GOD BLESS YOU.

Madam Monica Gu (Western Region)



By God's grace another year has come to an end. This year, was distinct with few challenges but filled with joy as God shepherds us though as a Region. He granted us with travelling mercies as we discharged our duties to achieve our targets in health. Thanks be to His name.

As the year draws to a close, we want to take a moment to thank the Staff of Western Region for their dedication, diligence and team work.

Our commitment as a Region is upholding the highest standards of transparency and accountability has made a real difference in our Region, and I urge us all to do more in the ensuing year.

Although, as human, some of our expectations are yet to be met, we trust God that in His time, He shall make it beautiful. Let us not give up. Take this time to recharge and celebrate with your loved ones, and return refreshed for the challenges ahead in the new year.

May the good Lord protect and keep us all safe until we return in 2026.

Wishing you all Merry X'mas and a prosperous happy and healthy new year.

The MTEF Mirage: Plans without commitment

Isaac Newton Bortey - Budget Unit



Every year, we witness the same ritual unfold. Covered entities spend months

crafting their Medium-Term Expenditure Framework (MTEF) — a meticulous four-year roadmap outlining how they intend to allocate resources to deliver better public services. The documents are impressive: bound reports filled with strategic objectives, detailed costings, and ambitious targets. The Minister for Finance presents them to Parliament. Development partners nod approvingly. Citizens hear the promises.

Then reality hits.

The MTEF was introduced as part of Ghana's public financial management reforms to bridge the gap between long-term development aspirations and annual budget realities. It was meant to inject predictability, strategic thinking, and results orientation into how we allocate public resources. Using a Programme Based Budgeting (PBB) approach, the MTEF estimates are intended to ensure continuity in service delivery across Ministries, Departments, and Agencies

(MDAs) as well as Metropolitan, Municipal, and District Assemblies (MMDAs). On paper, the concept is elegant: link national development plans to sector

strategies, translate those strategies into four-year budget frameworks, and use those frameworks to guide annual allocations. However, in practice, this has become more an exercise in wishful thinking than a reflection of serious commitments.

Take, for instance, the 2022–2025 Government of Ghana budget indicative ceilings and actual appropriations for the Audit Service, focusing particularly on goods and services and capital expenditure components (CAPEX).

The evidence is chilling: the indicative ceilings appear indicative of nothing. They do not meaningfully reflect either revenue forecasts or expenditure priorities. Instead, they often seem like arbitrary figures churned out to tick a box. From 2022 to 2025, there has been a consistent and wide gap between the indicative ceilings and the actual appropriations for each fiscal year, a pattern

evident in both goods and services and capital expenditure.

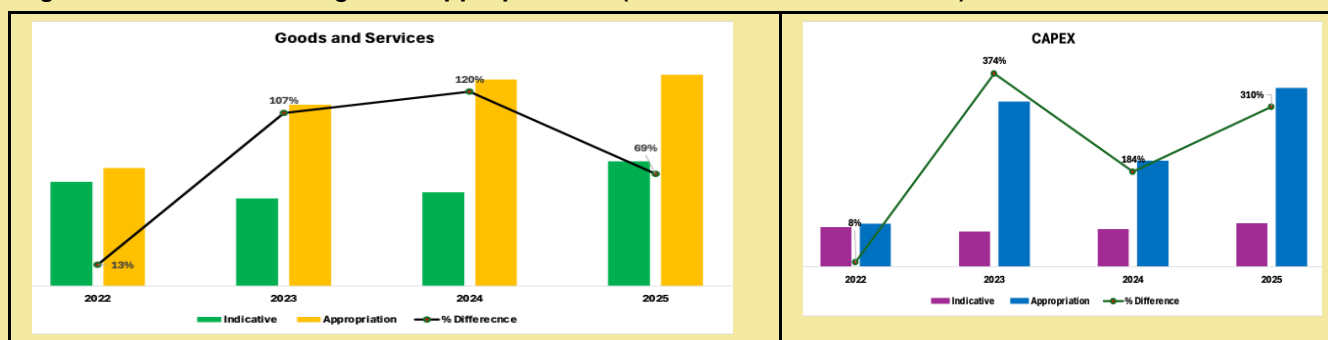
Two issues arise here.

First, one might argue that it is better when appropriations exceed indicative ceilings. That may be true, but this recurring trend defeats the very purpose of the MTEF as a rolling budget. It undermines predictability and renders the planning efforts of covered entities practically meaningless. The MTEF, which should serve as a credible forecast for future allocations, has become unreliable for guiding the planning of MDAs and MMDAs.

Second, while it is valid to say that indicative ceilings are merely estimates, estimates should not be arbitrary. Before these figures are produced, there should be a realistic forecast of both revenue and expenditure, aligned with national development priorities. Indicative ceilings ought to reflect current macroeconomic fundamentals, adjusted for expected conditions in subsequent years.

●cont. on pg 10

Figure 1: Indicative Ceilings and Appropriations (Audit Service: 2022 – 2025)



Source: Author's own plot

Audit Service records major gains in payroll cleansing and fiscal accountability - highlights from the 2026 Budget Statement

During the presentation of the 2026 Budget Statement to Parliament on 13th November, the Minister for Finance, Dr. Cassiel Ato Baah Forson, highlighted the important contributions of the Audit Service in safeguarding the public purse and strengthening fiscal integrity across government institutions.

According to the Minister, the Service continued to play a central role in promoting accountability throughout 2025. A total of 15 Auditor-General's Reports for the 2024 Financial Year were submitted to Parliament by the constitutional deadline of 30th June 2025, an achievement that reinforces the Service's commitment to transparency and timely reporting.

Dr. Forson noted that the Service completed 5,557 audits across Ministries, Departments and Agencies (MDAs); Metropolitan, Municipal and District Assemblies (MMDAs);



educational institutions; public boards; traditional councils; and donor-funded projects. This represents 79.83% of the annual audit target, reflecting improved operational efficiency and enhanced oversight systems.

A key highlight of the Minister's presentation was the Service's nationwide payroll audit, undertaken at the request of the Minister for Finance. The exercise, aimed at cleansing public payroll data and eliminating ghost names, uncovered GH¢150.36 million in

unearned salaries, allowances and other financial irregularities linked to 2,408 separated staff. Out of this amount, GH¢10.00 million has already been recovered and paid into the Consolidated Fund, with recovery efforts ongoing for the outstanding balance.

Through routine audits conducted nationwide, the Service also recovered GH¢14.95 million in additional unearned salaries and irregular payments. In total, GH¢13.00 million was transferred directly into the Consolidated Fund, reinforcing government's fiscal position and boosting public confidence in financial oversight mechanisms.

The Minister commended the Service for its "pivotal role in protecting the public purse," noting that the results achieved in 2025 demonstrate a stronger commitment to discipline, integrity and accountability across the public sector.

The MTEF Mirage: Plans without commitment - cont. from pg 9

Beyond the needs of covered entities, multilateral development organisations, development finance institutions, and credit rating agencies rely on these indicative ceilings to make informed decisions. A wide deviation between indicative ceilings and actual appropriation sends a worrying signal about the country's credibility in its fiscal projections.

This issue is not just a technical glitch buried in spreadsheets and budget documents. The disconnect

between our Medium-Term Expenditure Framework and actual appropriations represents a crisis of credibility. When a district hospital director cannot rely on forecasts for future years; when a headmaster stops believing that the budgeted classroom with a three-year completion period can be executed based on indicative ceilings, and when citizens lose faith in government budget forecasts, we are confronting a deeper problem

that transcends the mechanics of public finance management.

Somewhere between the fiscal decision-making authorities who craft these frameworks, the covered entities that depend on them, and the communities where development should happen, something breaks down. The question that should concern every Ghanaian who cares about effective governance is simple, yet profound: Does our planning truly translate into results?

9 Dietitian Approved Tips for a Healthy Holiday Season

The holiday season is the best time of year to enjoy time with family and savour all of the festive seasonal dishes. If you're trying to maintain healthy habits, you know that the holidays can also be a challenging time to stay on track with diet and fitness routines.

But you don't have to let busy schedules and tempting foods get in the way of your healthy lifestyle, after all, there's no need to deprive yourself and miss out on the holiday fun in order to stay healthy. Below are my top tips as a Registered Dietitian to help you maintain your health while enjoying the holiday season.

Stay active

With busy schedules and holiday travel, workout routines tend to be the first thing to fall off of our to-do list, but now is the time when we need them the most! Exercising can help balance blood sugar, boost your mood, and support restful sleep. The good news is it doesn't have to be "all or nothing" when it comes to working out. A brisk morning and evening walk is enough to reap countless benefits and help you maintain this healthy habit. Too cold to get out and walk?

Hydrate

As the weather gets cooler, it becomes more difficult to notice when you're dehydrated. Staying hydrated can help manage your appetite, support healthy digestion, and even help you think more clearly. If plain water doesn't sound appetizing, try sparkling flavoured water, tea, or hot water with lemon and honey. Invest in a reusable water bottle and set a goal to drink a bottle of water after each meal and aim for half of your body's weight in ounces per day.

Pan frequent meals

It is easy to skip meals or run out of time to make a balanced meal when you're in a rush but letting yourself go too long without eating can lead to low blood sugar, and

feeling ravenous at your next meal, which can lead to overeating or making less than healthy choices. Plan to have frequent meals and snacks throughout the day to help manage blood sugar levels and stay ahead of hunger. Pack quick snacks when you're on the go or when you have a busy day.



Enjoy your holiday favourites

You may think that you have to avoid all of the holiday treats and seasonal favourites in order to stick to your healthy habits, but there's room for all foods in a healthy eating plan, it's all about moderation and balance. Choose the seasonal favourites that you love and enjoy them. Pumpkin pie fan? Be sure to enjoy a balanced meal with lots of vegetables, lean protein, and healthy carbohydrates and then enjoy a slice of pie for dessert, no guilt!

Practice mindful eating

Mindful eating, the act of slowing down and savouring each bite using all of your senses, is a great way to fully enjoy your food without overdoing it. Mindful eating can help you slow down and truly enjoy your meal, while allowing your mind and body time to realize when you're full and satisfied so you stop before you're stuffed. Try these mindful eating techniques at your holiday gatherings this year.

Fill up on veggies

It's no surprise that vegetables provide many health benefits – they provide fiber, which supports healthy digestion, they're packed with antioxidants and phytonutrients, and they're high in volume, which can help

fill you up for fewer calories. When you sit down for your holiday meal, aim to make half of your plate vegetables (or fruits), a quarter lean protein, and a quarter whole grain.

Stop when satisfied

There's a Japanese phrase called "hara hachi bu", which means "eat until you're 80% full". It's essentially a reminder to stop eating when you're feeling satisfied (and before you're stuffed). It's easy to ignore fullness cues and continue eating when you're enjoying a yummy meal or if you're eating while distracted, but overdoing it can lead to digestive discomfort, weight gain, and leave you feeling sluggish. Using mindful eating strategies can help make it easier to stop eating before you're stuffed.

Get some sleep

Lack of sleep can inhibit the hormone leptin, which tells your body you're full, and increase the hunger hormone, ghrelin, causing you to feel hungrier. Getting sufficient sleep can help you regulate your hunger, keep you energized, and support your immune system. Try to limit screens at least an hour before bed, create a calm and soothing bedroom environment, and practice deep breathing to help you fall asleep.

Cheers to mocktails

More and more research is coming out revealing the negative effects of alcohol, but this time of year can come with a lot of peer pressure to enjoy a few drinks. If you're planning to drink alcohol, be sure to have a balanced meal beforehand and aim to have a glass of water in between each drink. Even better, opt for a fun and festive mocktail to enjoy holiday flavours without the negative impacts of alcohol.

The holiday season is meant to be enjoyed and savoured without the guilt. Try using these tips to maintain your healthy habits while still enjoying the season!

Source: aaptiv.com

Health
corner

Address

P. O. Box M96, Ministries Accra
Ministries Block 'O'

Digital Address: GA-110-8497

Phone +233(0)302664920/28/29

Email: info@ghaudit.org

Website: www.ghaudit.org

Personality profile



Emmanuel Kweku Sessi

Transport Officer (T.O), Head Office

Hails from Ho, in the Volta Region

Joined the Service in 1989

Favourite food is Banku and tilapia with hot pepper

Hobby is listening to reggae music and taking walks