



Media Release

Date: 1 December 1999

For Immediate Release

Eat Well This Christmas and Into The New Millennium

The message from Dietitians for this special festive season is to eat well at Christmas and into the new millennium. "There are plenty of nutritious delights amongst our festive fayre so relax and celebrate. Then, come the New Year, forget fad diets. Instead, kick start your healthy lifestyle" says Lyndel Costain, spokesperson for The British Dietetic Association.

Traditional British Christmas foods like nuts, satsumas, Brussels sprouts and cabbage are all great providers of antioxidants, including vitamins C and E and beta-carotene - which may help protect against coronary heart disease and cancers, and keep us healthy during winter.

Turkey, smoked salmon, potatoes, carrots, custard and dates all rank highly in the 'nice but not naughty' stakes; not to mention a glass or two of your favourite tipple.

Christmas is also the ideal time to brush up your talents in the kitchen. Whether it's the traditional roast, a fruit-packed Christmas pudding, or turkey curry, there's nothing quite like home-cooking shared with friends and family.

After the frivolity, your thoughts will no doubt turn to that New Year's diet. This year, why not resolve to do yourself a favour and avoid 'quick-fix' diets with big claims. They simply don't work in the long term. Start the millennium with a positive approach to eating healthily, being more active - and feeling great. This way you can and keep up these 'feel good' habits and stay in shape for a lifetime.

- ends -

For further information contact:

Note to Editors:

The British Dietetic Association, founded in 1936, is the professional association for State Registered Dietitians (SRDs) and qualified nutritionists in Great Britain and Northern Ireland. SRDs hold the only legally recognised graduate qualification in nutrition and dietetics and translate the science of nutrition to promote nutritional well-being, treat disease and prevent nutrition-related problems.

Christmas Tips, Facts and Figures

Christmas Fayre Can Be Healthy

- **Smoked Salmon** - this tasty treat provides only 80 calories per portion, and is a good source of protein and the health-promoting omega-3 fats. Ideal as a starter.
- **Roast Turkey** - rich in protein and low in fat, especially if you discard the skin and choose light coloured meat.
- **Potatoes** - a popular source of vitamin C and other nutrients. If roasting, use vegetable oil rather than lard to cut saturated fat.
- **Brussels Sprouts** - an average serving (9 sprouts) provides half of our daily needs for folic acid and all of our vitamin C.
- **Carrots** - rich in beta-carotene, which is converted to vitamin A in the body; and carotenoids which act as potentially disease-beating antioxidants.
- **Peas** - popular with the kids and a good source of iron, zinc, vitamin E, fibre, folic acid and most other B vitamins.
- **Bucks Fizz** - in moderation (1 to 2 glasses per day), any type of alcoholic drink may help protect against heart disease: and the orange juice adds vital vitamin C.
- **Christmas Pudding** - the dried fruit gives plenty of potassium, and it's a reasonable provider of iron and fibre.
- **Custard** - a comforting and low fat alternative to brandy butter; and a good source of calcium.
- **Walnuts and Peanuts** - a delicious source of unsaturated oils, vitamins, minerals and antioxidants including vitamin E.
- **Satsumas** - each of these handy stocking fillers provides half of our daily needs for vitamin C.
- **Chestnuts** - the only low fat nut in existence and great for fireside fun.

Calorie and Fat Counts for Common Christmas Snacks

Food	Calories	Fat (g)
Roast Turkey (100g)	150	2
Roast Potato	160	5
New Potato	76	0.3
Brussels Sprouts (9)	30	Trace
Satsuma	20	Trace
Handful of Crisps	100	7
Handful of Nuts	150	13
Cocktail Sausage	40	3
Cocktail Sausage Roll	55	4
Mince Pie	230	11
Christmas Pudding	300	11
Slice of Iced Christmas Cake	250	8
Chocolate from Selection Box	40	2
Glass of Champagne (125ml)	95	-
Glass of Wine (125ml)	85	-
Gin and Tonic	95	-
Pint of Beer	170	-
Cream Liqueur (25ml)	80	4g