



**THE BRITISH DIETETIC ASSOCIATION**  
*The Professional Association for State Registered Dietitians*



Website: <http://www.bda.uk.com>

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# Media Release

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**For Immediate Release**



**Lets have Christmas every day. . .**

Good food is worth celebrating every day. Seasonal fayre is not only delicious but pretty good nutritionally as well. Enjoy sharing your meals with family and friends whenever possible at this time of year. "There is no reason to feel guilty about enjoying the culinary pleasures of the festive season" says Luci Daniels, vice-chairman of The British Dietetic Association, "relax, enjoy, and try to balance out the food with a few lovely long walks. Use the break to re-charge your batteries for the year ahead."

On Christmas day most people will have their '5 a day' portions of fruit and vegetables without even trying. Orange juice (or bucks fizz!), brussels sprouts, peas, carrots and satsumas all provide important health promoting compounds (anti-oxidants and phytochemicals).

The traditional Christmas day meal is packed with further hidden benefits. Roast turkey without skin is high in protein and low in fat with only 150 kcalories in an average portion; potatoes provide lots of vitamin C as well as fibre. Following the main course, custard is a warming, high calcium and low fat alternative to brandy butter. Nuts are a good source of unsaturated fat and the antioxidant vitamin E while dates provide fibre, potassium and iron. As a treat, smoked salmon is an excellent source of omega-3 fats – good for heart health. And remember, 1 to 2 glasses of your favourite tippie a day may also protect against heart disease. Bon appétit!

The British Dietetic Association thanks you for your continuing support and wishes you a happy and nutritious festive season.

**For more information contact:**

- The Dietetic Department at your local hospital or health centre

The British Dietetic Association, founded in 1936, is the professional association for State Registered Dietitians (SRDs) in Great Britain and Northern Ireland. Members of the Association hold a degree or recognised post-graduate diploma in nutrition and/or dietetics.

The British Dietetic Association is the nation's largest organization of food and nutrition professionals. It has approximately 4,000 members of which around half are employed in the National Health Service. The remaining dietitians work in education, industry and research settings or as freelance consultants.

State Registered Dietitians interpret and translate the science of nutrition into a practical way of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems.

**Note:**

State Registration is awarded by the Dietitians Board of the Council for Professions Supplementary to Medicine (CPSM), under the Professions Supplementary to Medicine Act 1960, and is an indication that a Dietitian is competent to practise, and must work within the Statement of Conduct issued by the Dietitians Board.

The general terms 'nutritional therapist', 'dietary therapist', 'nutritionist' or 'nutrition consultant' do not indicate eligibility for State Registration.