



# THE BRITISH DIETETIC ASSOCIATION

*The Professional Association for Registered Dietitians*  
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# M e d i a R e l e a s e

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For immediate release

## **NEW! Factsheet on Nutrition for ME/Chronic Fatigue Syndrome Sufferers**

The British Dietetic Association (BDA) is pleased to announce the online publication of a new Food Fact sheet on ME/Chronic Fatigue Syndrome to coincide with the 2007 ME Awareness Day on 12 May.

Chronic Fatigue Syndrome (CFS), which is also known as ME (Myalgic Encephalopathy), is a neurological illness that can lead to overwhelming fatigue and weakness and is particularly distressing for sufferers and carers.

There is little scientific evidence to support any particular dietary regimen for people with ME/CFS to follow, but the BDA's new fact sheet provides the low-down on the dietary issues surrounding ME/CFS and aims to prevent unnecessary nutritional restrictions, as well as promoting a healthy appropriate diet.

Sue Luscombe, dietitian and author of the Food Fact sheet, said: "There are many diets (such as the anti-candida diet) that claim to improve CFS/ME symptoms. Although some people find them helpful, there is very little scientific evidence to support these claims. These diets can be very restrictive and can create a lot more work and effort for the sufferer and their carers. Care needs to be taken that the diet remains healthy, nutritionally adequate, and there is no unwanted weight loss or gain. Also, any benefits ought to outweigh extra demands on the sufferer and carers."

To access the fact sheet, simply go to Latest Food Facts on the BDA website [www.bda.uk.com/latest-food-facts.php](http://www.bda.uk.com/latest-food-facts.php)

The British Dietetic Association has a website dedicated to promoting scientifically sound nutrition advice that everyone can trust, and provides a dedicated hot line just for journalists to speak to qualified dietitians and get to the real facts, avoiding misleading and potentially dangerous advice being given to the public.

For the clear experts in nutrition call the hotline on **0870 850 2517** or go to [www.bda.uk.com](http://www.bda.uk.com)

Remember, you can trust a dietitian to know about nutrition.

- ENDS -

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

## **Notes to Editors**

1. Media enquiries to The British Dietetic Association and requests for interviews should be directed to 0870 580 2517 (9am-5pm, Mon-Fri) or to [pr@bda.uk.com](mailto:pr@bda.uk.com).
2. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with nearly 6,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.
3. Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.
4. Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about The British Dietetic Association, please visit our websites: [www.bda.uk.com](http://www.bda.uk.com), [www.bdaweightwise.com](http://www.bdaweightwise.com) and [www.teenweightwise.com](http://www.teenweightwise.com).