



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

Dietitians Give Top Tips for Smokers Planning to Quit

As England prepares to follow the rest of the UK with a smoking ban in public places, The British Dietetic Association launches its top tips for improving nutrition when you quit.

On 1st July, smokers will have to use designated areas outside pubs and restaurants, and other public places, giving a great incentive to give up the habit. There are plenty of financial savings and health incentives to help on the road to being a non-smoker. Once you've made the decision to stop – a major step in itself – it's important to prepare yourself and get strategies in place which will maximise chances of success.

Dr Frankie Phillips, registered dietitian and The British Dietetic Association (BDA) spokesperson, says: "One of the reasons that people give for not stopping smoking is the risk of weight gain. Although studies have shown that smokers tend to be thinner than non-smokers, the average weight gain when people quit smoking is only 2 to 3kg (less than half a stone) and the effect is usually temporary. Despite the obvious health risks of being significantly overweight or obese, it is much healthier to be a few pounds overweight than to be a smoker, especially as smokers tend to have an unhealthy body shape and the less healthy 'apple' shaped fat distribution which puts people at greater risk of some diseases such as type 2 diabetes. So people shouldn't worry about temporarily gaining a few pounds, and instead concentrate on enjoying being more active as your body becomes a smoke-free zone."

A few simple measures can help to minimise weight gain and optimise health benefits from quitting smoking. Dr Phillips continues: "The British Dietetic Association has come up with five hot tips that can help to improve nutrition and when you decide to stop smoking, not only to reduce your risk of weight gain, but also to help improve your health even further. "

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Top tips from the BDA

1. Chew it over

Some people find that chewing a nicotine gum can help when quitting smoking. But did you know that a recent study showed that chewing sugar-free gum actually suppressed appetite, and specifically the desire for sweets and snacks? Some people also find that cleaning their teeth after a meal or having minty gum helps to stop the craving.ge 2

2. Leave a bad taste

Research from the USA has shown that whereas some foods seem to enhance the 'taste' of cigarettes, others make them taste really bad, and could help you to give up. Go for low fat dairy products, fruit, vegetables, water and fruit juice for the best effects

3. C yourself right

Smokers tend to have lower levels of vitamin C in their blood than non-smokers. Give yourself a boost of vitamin C, a powerful antioxidant, by eating plenty of fruit and vegetables – take advantage of seasonal vegetables and summer berries, salads and smoothies – all of these will help to achieve your 5 A DAY as well. There's no need for supplements – fruits and vegetables provide sufficient vitamin C.

4. Out and about

With the lungs beginning to clear of the mucus caused by smoking within as little as 24-hours after the last cigarette, now's the time to get out and enjoy some summer outdoor activities – even a short brisk walk on a light evening is a great start. Start gently, but aim to build up to 10000 steps a day for real benefits and to help prevent weight gain – and because you've stopped smoking, you'll soon start to find exercise easier. Use a pedometer to 'quantify' your exercise.

5. Get online

If you do find that a few pounds creep on and won't shift easily, the BDA has more help to keep on track for a healthy weight at www.bdaweightwise.com.

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 and visit the press centre for the latest food fact sheets on behaviour and diet, and on cholesterol-lowering foods with stanols and sterols. Remember, you can trust a dietitian to know about nutrition.

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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.
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, www.bdaweightwise.com, www.teenweightwise.com.