



# THE BRITISH DIETETIC ASSOCIATION

*The Professional Association for Registered Dietitians*  
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# Media Release

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For immediate release

## Party tricks to getting into that 'must have' outfit

With the Christmas party season getting underway soon and the shops crammed with the latest 'must have' range of party clothes, you may well be wondering how the season's good cheer is going to get you into that stunning outfit. Well, with the help from the British Dietetic Association you can!

There are a few tips that can help you enjoy this festive period, give you a great, healthy body shape and give you the get up and go that gets you through the day, while taking care of the nutrients your body needs to stay in optimum condition.

Here's a treasure chest of pearls that will help you to get through the festive party season feeling slick and chic but not sick!

- Eat before you go to the party. It might sound mad, but it will prevent you from arriving there ravenous, ready to attack the buffet table. Choose something healthy before you leave home – anything from a banana to peanut butter on toast.
- If going by car, park the car further away (so long as it's safe to do so, of course!). Walking to the party will not only help you to burn up some energy, it also gets your blood circulating so that you can be even more alert and energised to enjoy the evening ahead.
- Talk more, eat less. Enjoy conversation, meet new people. You might be amazed at some of the party conversations you get into. Chatting more means you're likely to focus on having fun, not having calories.
- Pace yourself when it comes to alcohol. The more you drink, the less likely you are to keep your resolve to eat sensibly. Try to alternate alcohol with water or unsweetened fruit juice, but remember to avoid sugary soft drinks. Beware constant topping up of your glass by waiting staff or your host.
- Buffet food is often fried, but there are plenty of healthy alternatives. Go for skinless chicken dipped in sweet and sour sauce, rather than a drum stick dipped in sour cream.
- Drink lots of water. What's stopping you filling your wine glass up with sparkling water?
- Dance more, sit less. The more energy you use up, the more fat gets burnt and the shapelier you will begin to look.

Azmina Govindji, dietitian and spokesperson for the British Dietetic Association, said: "The month before Christmas means party, party, party! It sounds fun, but there's always a flip side and that's usually an over indulgence of both food and alcohol. So the outfits bought at the beginning of the party season may be a bit of a tight squeeze by New Year's Eve.

"It is possible to lose that little bit of weight before and during the party season without being a party kill joy. And a little discipline now will mean you'll be able to enjoy turkey, a mince pie and Christmas pudding without feeling guilty."

The BDA's Glow Zone can be found at WB5 in Hall 18/19 at the NEC.

## Ends

### Notes to Editors

1. For further information or interviews, please contact Sanjay Mistry, PR Officer, on 0870 850 2517.
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

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

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.

2. 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.
3. 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.
4. For further details about the British Dietetic Association, please visit our website: [www.bda.uk.com](http://www.bda.uk.com).