



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

16 June 2008

Forget apples and pears, its wine glass shaped!

The female form is often described as apple or pear shaped but according to dietitians, with more and more women drinking increasing amounts of alcohol, *wine glass shaped* may be a more apt description.

As alcohol is nearly as calorific as fat (7kcal vs 9kcal per gram), it's easy for the calories to add up. And, with one pound of fat containing 3500 calories, losing a 1lb of weight per week means cutting back at least 500 calories a day or in alcohol terms by three glasses (175ml) of wine.

Jacqui Lowdon, registered dietitian and spokesperson, said: "Many women forget to include alcohol when they are dieting. However, alcohol is a huge source of hidden calories and with women increasingly drinking more alcohol this is another reason not to exceed the recommended maximum of 2-3 units per day. We know that waistlines are getting bigger, especially around the midriff and the women's shape is more akin to a wine glass than an apple or pear. So if people are watching their waistline, then watch that wine glass!"

The British Dietetic Association will this week (17-19 June) be discussing how to address the nation's growing waistline and other nutrition problems at their Annual Conference at the Adelphi Hotel in Liverpool. Dietetic experts working in industry, academia and the NHS will gather to debate the latest issues affecting the food nutrition, including:

- Assessing programmes aimed at tackling childhood obesity, including a Liverpool based GOALS project, which has supported over 60 families across Liverpool change their eating and activity habits, as well as Slimming World's work with nearly 20,000 teenagers
- Reviewing what is being done to address the issue of malnutrition in the UK
- Hearing the latest on the role of nutrition in the management of cancer
- Examining the implementation and patient outcomes of a pre-operation carbohydrate diet
- Discussing recent health sector reforms and the financial structures that are changing the way services are structured and delivered

Parallel Sessions from BDA Specialist Groups will also:

- Debate Omega-3 and the best current clinical practice in its use in cardiology
- Examine the prevalence of eating disorders in children
- Consider how dietitians are meeting the nutritional needs of people with dementia
- Understand how dietitians will be helping British athletes go for gold at this summer's Olympics and Paralympics in Beijing.

Pauline Douglas, honorary chairman of the British Dietetic Association, said: "With food and nutrition moving up the government's agenda, dietitians will increasingly play a crucial role in improving the health and quality of life of the people in the UK.

"However, dietitians are facing a number of challenges from the rise of inappropriately qualified nutritional therapists to the current shortfall in nutrition and dietetic services. At the Conference we'll identify ways of getting dietitians actively engaged in the development, commissioning and implementation of health strategy. We will also debate how to help improve the outcomes for people with dementia, obesity, eating disorders and also preventing malnutrition in hospitals."

Media enquiries to The British Dietetic Association should be directed to our media hotline on 0870 850 2517 or pr@bda.uk.com.

ENDS

Notes to Editors

1. Alcohol Facts

Calorific Content of alcohol

- 1 glass wine (125ml, 12% alcohol) = 83 calories, 1.5 units.
- 1 pint beer (5% alcohol) = 165 calories, 3 units.
- 1 standard measure whisky = 51 calories.

Action levels for waistlines

- Women with waists between 80-87cm (32-35 inches) have increased health risk; more than 87cm (35 inches) risk higher health risks.
- Men - with waists between 94-101cm (37-40 inches) have increased health risk, more than 101cm (40 inches) risk higher health risk.

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. 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 website: www.bda.uk.com.