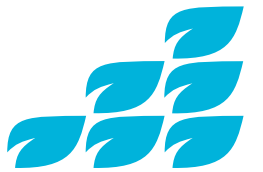


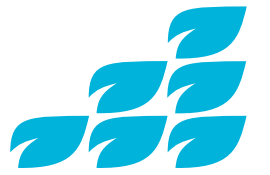


The Association
of UK Dietitians

Andy Burman
Chief Executive

Dietitians in the Media – Creating an Impact, Avoiding the Noise





NEWS

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Health

Making sure you get the right type of calorie

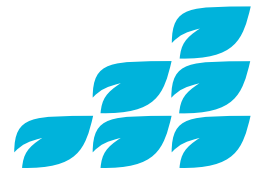
By Michelle Roberts
Health editor, BBC News online

© 10 September 2012 308



The British Nutrition Foundation is launching a concept called the "quality calorie", to make people think more about the types of foods they eat.

While most adults consume more than they need, simply counting calories and cutting down is not enough, it says.



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BDA
NEWS

Top 5 worst celeb diets to avoid in 2018

07 December 2017

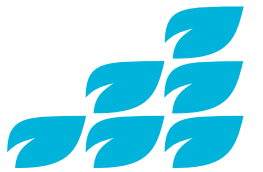
The [British Dietetic Association \(BDA\)](#) today revealed its much-anticipated annual list of celebrity diets to avoid in 2018. The line-up this year includes **Raw Vegan**, **Alkaline**, **Ploppi** and **Ketogenic diets** as well as **Katie Price's Nutritional Supplements**.



Over recent years we have been excited to see people's interest in food, health, fitness and 'wellness' increase. At the same time, however, there has been an equally large jump in the number of faddy, factually incorrect – 1 times dangerous – diets out there supported by celebrities and

Type here to search







Donald J. Trump ✓

@realDonaldTrump

Follow

Alex Baldwin, whose dieing mediocre career was saved by his impersonation of me on SNL, now says playing DJT was agony for him. Alex, it was also agony for those who were forced to watch. You were terrible. Bring back Darrell Hammond, much funnier and a far greater talent!

6:42 AM - 2 Mar 2018



Daily Mail **DAILY EXPRESS** **Daily Mail** **HOME GADGETS THAT SPY ON YOU**

How football star's luvvie charity exploited orphans
DAY 2 OF OUR DISTURBING INVESTIGATION

10p **YOUR HONOUR HITS OUT**
THE LADY JUDGE WHO SWORE BACK AT A VILE RACIST THUG

LITTLE JOHN
I still have a photo of my dad in Royal uniform. I never found out what he did in the war until just before he died. I never thought I'd say this but as I watch this demeaning spectacle unfold, I'm glad he's not around to see it

SOUP AND SHAKE DIET ON THE NHS TO REVERSE DIABETES
Radical treatment could help millions

Have they really killed Keeley?
10 BODYGUARD THEORIES THAT WILL HAVE YOU HOOKED

DON'T EAT OUR PASTA SAUCE MORE THAN ONCE A WEEK
Food giant's extraordinary warning about salt, fat and sugar in its products

DIET TO BEAT ALZHEIMER'S
Med food good for the brain as well as the heart

DIETS DAMAGE YOUR HEALTH
10yo slimmers risk heart disease, warns biggest ever study

My Abigail's amazing recovery - by her mother

Bawdy son that made Kate gasp

Living with Britain's most generous aristocrat

MORE lolly for £21m
Holly as she bags M&S deal

5p DAILY EXPRESS **5p DAILY EXPRESS** **Daily Mail** **Daily Mail**

HOW YOU CAN LOSE WEIGHT AND SHAPE UP IN JUST 21 DAYS

LEO MURPHY
It's right to slash huge benefits bill

MRS FEDERER AND WHY SHE STOPS AT NOTHING TO SUPPORT TENNIS STAR ROGER

OUTRAGE AFTER FOUR ARE KILLED IN SYNAGOGUE TERROR ATTACK

Well-being... really is richer, lower
Good Health

MAVE YOU WON £50,000 IN OUR NEW CASH GAME?

HOW TO SLOW AGEING
4-page pullout based on a Nobel Prize-winning discovery

SUPER PILL IS KEY TO LIVING LONGER
Tomato-based drug can fight cancer, arthritis, diabetes and heart disease

JUNK FOOD DIET LEADS TO MEMORY LOSS
New Wyndham goes £4 million a lasting time

JUNK FOOD DIET HITS A CHILD'S IQ
Major UK study reveals impact of feeding toddlers processed food

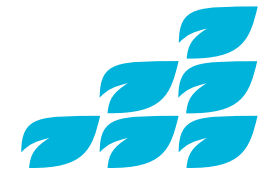
NOW BABY FOOD AND BISCUITS LINKED TO CANCER
After crunchy roast potatoes and toast, watchdog's new alert on 15 big brands

EXCLUSIVE
Royal equerry stripped, tortured and robbed

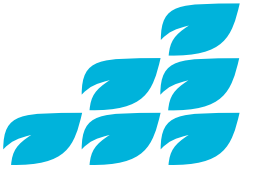
Adrian to Jillie Jillie
Ichario who never found lasting love

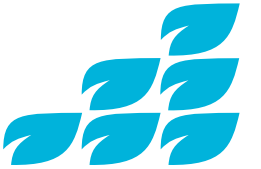
Secrets of the home where Kate will bring up her baby

Santitas











**KEEP
CALM
AND
KEEP IT
SIMPLE**



Thank you!

Andy Burman

a.burman@bda.uk.com

[@BDAAAndyBurman](#)

