

Dinner party? No thanks, we're off to a Thinner party...

With 46% of women across the UK saying they feel guilty after an indulgent meal out, **alli** want to encourage women to join together, eat healthily and have some fun by eating in!

The **alli** 'Eat In, Be Thin' survey, which questioned 2,000 women in the UK, found that large portion sizes (36%), lack of nutritional information (32%) and the temptation of unhealthy menu options (65%) made sticking to a healthy eating plan whilst eating out a struggle. Further results from the survey found that:

- Fish and chips (72%), Indian (55%) and Chinese (48%) are the top three cuisines that women avoid when trying to eat healthily
- 48% of women say they eat healthily through the week if they know they will be eating out at the weekend
- 24% of women say they avoid eating out when they are trying to eat healthily

The economic gloom and doom and the Channel 4 programme 'Cook Yourself Thin', which is sponsored by **alli**, have lead to a resurgence in popularity of the classic dinner party in recent years. **alli** wants to encourage more of us to make home dinner party menus healthy so we can have fun with friends and stay on track with our eating plans at the same time.

With 90% of women saying they feel more in control of their diet when they cook at home, but 44% admitting they lacked inspiration for tasty, healthy meals to cook, **alli** has created a '**Thinner Party**' guide, full of tips and recipe ideas to help you host your own healthy dinner party for you and your friends. For more information visit www.channel4.com/alli

GP and media medic, Dr Dawn Harper believes that holding dinner parties is a great idea for women looking for help to achieve long term weight loss: *"When you cook at home it's a lot easier to control the fat and calorie content of the food, as you know exactly what is going into the dish. Long term weight loss should be about small, sustainable changes to eating habits which can be difficult to maintain when eating out. There is nothing worse than sticking to a healthy eating plan all week and then being tempted to make bad choices when eating out at the weekend. Eating with friends should be an enjoyable experience, not something you dread!"*

alli's top 'Cook Your Friends Thin' dinner party tips:

- *Don't serve a fad diet to your guests* – women agreed that the cabbage soup (51%), macrobiotic (20%) and raw food (18%) diets would be the least enticing diet options on a dinner party menu
- *Don't get caught out by alcohol* - people can often forget to count the calories of alcoholic drinks - swap your tonic for slim-line tonic and drink in moderation
- *Plan some after dinner games*-Taking part in a game of twister or having fun on a Wii Fit after dinner is fun *and* a great way to keep active!

With 92% of women believing they need to eat more healthily, Dawn advises that making small changes are key to reaching and maintaining a healthy weight: *"People should be aiming to lose weight steadily and healthily. There is no magic diet or get thin quick regime that is sustainable - the healthiest way to lose weight is through regular exercise and low-fat, healthy meals in which you are limiting the amount of calories you are consuming. To do this, you need you need to begin making small changes to your eating habits and know exactly what you are eating."*

To download your 'Thinner Party' guide, visit www.channel4.com/alli

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Notes to editors

alli 60 mg hard capsules are a weight loss aid containing orlistat. Follow a reduced calorie, lower-fat diet. For overweight adults with a BMI of 28 or over. Always read the label. Available in pharmacies, including Lloyds.

alli capsules are designed to be used with the **alli** support programme which supports the individual on their weight loss journey and guides them towards their goals. The **alli** programme includes a range of online support tools on www.alli.co.uk.

A package of materials including reduced calorie, lower-fat recipes and other diet and lifestyle advice is available at www.channel4.com/alli

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