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Fri, Aug 10,2007

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**CSIRO Christmas Menu**

**Reporter:** Susan Couhbor  
**Broadcast Date:** 13 Dec 2005

**Dr Manny Noakes, co-author of the best-selling CSIRO Total Wellbeing diet, says you can now enjoy a delicious Christmas dinner without the added serving of guilt.**

The authors have followed up on the success of their recent book, by creating new recipes for a healthy Christmas dinner.

'Great food, and food for our wellbeing doesn't have to be something that looks like rabbit food,' Dr Noakes said.

"I think that's part of the philosophy of the book, to make healthy eating look no different to what you might find in a fantastic cooking magazine."

The controversial Total Wellbeing diet book, promoting a high protein, low fat eating plan has been flying off the shelves since its release in June. It's so far sold over 500,000 copies in Australia alone.

"They keep asking us for more recipes and obviously the recent request was for Christmas recipes," Dr Noakes said.

The recipes have been released on the CSIRO website in time for Christmas.

"These recipes are basically consistent with being high protein, low in fat," Dr Noakes said.

The three-course meal includes a prawn salad entrée, spiced roast turkey with lemon and herbs, baked vegetables and hot panettone berry pudding.

'The dessert we've put on the menu I think is a fabulous dessert. Anyone who'd be having Christmas lunch would be happy to have it on their table,' Dr Noakes said.

Adelaide dietitian Caron Milham warns that the average person will put on three kilos during the festive season, and the danger period is from mid-November to January.

"The first thing is to limit indulgences, try not to get things you find you can't manage into the house too soon, otherwise you may eat them before the visitors arrive," Caron said.

For further information:

The CSIRO Total Wellbeing diet Christmas recipes, and tips for healthy eating can be found on the CSIRO website [www.csiro.com.au](http://www.csiro.com.au)

Dietitian Caron Milham can be contacted on (08) 8377 2298 or website [www.milhamdietitians.com.au](http://www.milhamdietitians.com.au)

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