

NEWSREEL

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Programmanus

av Kate Holland

Hi, and welcome to Newsreel. I'm Kate Holland.

Coming up:

- Is it harmful to have calories on menus?

Rachel: I do think that having calorie labels on food is harmful for people like me who are in recovery from an eating disorder.

But first:

The EU asks people to use less oil and gas to support Ukraine

Ditte Juul Jørgensen: The Russian war in Ukraine is a human tragedy and a humanitarian disaster. And the one thing everyone can do is to save energy.

That's Ditte Juul Jørgensen, the European Commission Director-General for Energy.

The EU recently released a list of suggestions to get people to use less energy which includes asking people to work from home, use the train instead of flying, and turn the air conditioning down in summer.

The EU wants people to make these changes because they want less money to go to Russia who are big suppliers of oil and gas.

oil

olja

disaster

katastrof

suggestion

förslag

air conditioning

luftkonditionering

suppliers

leverantörer

Ditte Juul Jørgensen says that people in Europe should not help fund Russia's war in Ukraine.

Menus to feature calories

Now, do you worry about how many calories you are eating when you are in a restaurant?

Diners at large restaurant chains in England will now see calories for every meal displayed on menus after a change in the law.

The BBC spoke to some people eating at a restaurant in Manchester to find out what they think about the changes.

James: I don't count the calories. I'm young and healthy. I don't think it really affects me in any way.

Charlotte: I come to a restaurant, knowing what I want to eat, I go there knowing that it's going to be a big meal. I don't go there thinking, 'oh, I want to eat healthy at this restaurant today'.

The government says they want people to make healthier choices in restaurants and count their calories.

I spoke to Alex Watts who works in advertising to find out what he thinks.

Alex Watts: So the positives will always be that the consumer gets a choice. And because of that choice the consumer can now make, a big chain will have to look at what they're doing and how they are making their product to bring that number down.

Alex says that restaurants might start creating healthier meals with fewer calories thanks to the new menus.

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But some people say that calories being on display could be harmful for those recovering from eating disorders. I spoke to Rachel Egan who thinks calories on menus is a bad idea.

Rachel: I do think that having calorie labels on food is harmful for people like me who are in recovery from an eating disorder.

How has having calories on menus changed the way you eat out?

Rachel: I went out a few weeks ago and my kind of eating disorder brain instantly scanned the menu looking at all the numbers, and you know, picked out one of the lowest calorie options. I also felt quite a lot of guilt and shame around what I was eating. I felt like I could only eat half of it because I knew how many calories were in it.

How would you solve the problem of calories on menus?

Rachel: I think that they could offer a calorie free menu. So, a menu without the calories listed and a menu with the calories listed, and basically just ask people which one they would prefer when they sit down. I think that is clearly kind of a win-win situation.

Thank you Rachel and Alex.

New music from a hero who died saving a stranger

Jimi: I let you know, bridges got to burn, I let it go, heartfelt pain through these bars, I let it show...

That's a song called "Let You Know" by Folajimi Olubunmi-Adewole, also known as Jimi, who died trying to rescue a woman who had fallen into the River Thames one year ago.

Jimi, who was just 20 years old when he died, had been recording music in secret.

harmful

skadligt

recovering

tillfrisknande

eating disorder

ätstörning

labels

märkningar

instantly

omedelbart

guilt

skuld

shame

skam

solve the problem

lösa problemet

prefer

föredra

stranger

främmande person

rescue

rädda

in secret

i hemlighet

His best friend Bernard recently got his song played on the BBC for the first time.

recently
nyligen

Thanks for listening and speak to you all next time.

Goodbye!