

December 2009/January 2010

50 something

National Senior Advisors

Is a **Self
Managed
Super Fund**
For You?

Masters Athletes
Go the Distance

Di Morrissey

On the Loves of Her Life

Bumper Recipe Special
For Your **Aussie Christmas Feast**

Measure your indulgence



Amanda Clark, dietitian and author of *Portion Perfection: a visual weight control plan*, has a foolproof way of getting you through the festive season 100 calories at a time.

And you don't have to miss out on all the yummy things!

"To keep your Christmas indulgences under control, it's a good idea to learn how to count calories by the hundreds so you know the calorie content of that handful of nuts or chips eaten at a party." Drinks can be monitored in the same way. "Familiarise yourself with what 100 calorie portions of alcohol or soft drink look like."

To make it easy, follow these size guidelines for getting your portions right so you can choose from your favourite festive foods without blowing your diet, knowing these serving sizes each contain 100 calories:

- Christmas fruit cake
35g slice
- Vanilla custard
1 x 140g tub
- 1 Meringue nest +
50g yoghurt + berries
- 1 Lindt Lindor Ball
- 10 chocolate-coated
peanuts
- A 20g packet potato crisps
- 1 cup shelled prawns
- 10 black or green olives
- 150ml red or white wine
or champagne
- 60ml port or 45ml spirits
- 1 light stubbie 375ml
- 250ml can soft drink.