

# Snack sizes have grown with our waistlines

Australians need to keep a better eye on what they snack on and sizes of their meals if they weight, according to some dieticians. Compiled by Mark Scott

Author and dietician Amanda Clark said the latest reports showed Australians were showing an increasing propensity to snack.

"Sixty-four per cent of Australians snacking in the morning at least once a week compared to 48 per cent in 2008," she said.

"In general, it is the afternoon and evening snacking occasions that remain the most common with 79 and 75 per cent of consumers respectively snacking during those times."

Ms Clark said portion size of foods had also more than doubled since the 1960s.

"Even in the 1980s if you bought a take-away coffee it would have been in a small polystyrene cup of about 200ml, would have been made on water and even if you added milk and two sugars the most you consumed was about 85 calories," she said.

"Today a typical small coffee would be 250ml made on milk and contains about 200 calories.

"But most people don't order the small and you can scale right up to 590ml and a whopping 565 calories."



Diet by D'Zyne principal dietician Jo-Anne Dembo said while snacking on small healthy snacks between meals was a healthy lifestyle approach, snacking could also make weight management a challenge.

"If your snack is a high calorie high fat choice, or if your snack turns into a picnic, then it's likely that this is going to contribute to excess calories," she said.

So what can you do to control

snacking? Ms Dembo said she recommended planning ahead for snacks, and trying healthy options.

"You could even prepare a snack box each day with two to three healthy snacks to graze on between meals," she said.

"Healthy snack choices include fruit, vegetables with low fat dip, low fat yoghurt, air popped popcorn and wholegrain crispbreads with low fat cheese."



## Snack size help

Dietician Amanda Clark has released a free download of her book *Your Portion Perfection Healthy Snack Bible*, which documents which snacks are healthy enough to eat every day, which are for occasional treats and the right portion sizes for weight loss or maintenance.

Ms Clark recommends eating three snacks a day and if you are trying to lose weight, stick to her list of everyday snacks.

Some everyday snacks for weight loss -

- Two punnets of strawberries
- 18 grams of mixed nuts
- 100 gram tub of Yoplait Lite yoghurt
- 200ml skinny latte cappuccino
- Two Ryvita biscuits with low fat dip
- One slice of toast with tomato/herbs

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