

Weightloss

LATEST Slimming SECRETS

SPRING IS ALMOST HERE. TO GET INTO SHAPE, CHECK OUT THESE NEW WEIGHT-LOSS TECHNIQUES. BY Kylie Mangan.

Caffeine fix

Turn your vice into a virtue, say the makers of a new Australian product, Coffee Shape Slimming Green Coffee. Coffee Shape is made from green coffee bean extract, which has "natural weight-loss" properties, according to Maria Fresnel, spokesperson for the company.

She says an independent study of 120 people found that those who consumed a standard coffee brand lost an average of 20 grams over a month, while those who used Coffee Shape lost between 600 grams and three kilograms.

Fresnel says you are required to drink one cup before breakfast, and best results are achieved by following a healthy eating and exercise plan.



PHOTOGRAPHY: AUSTRALIAN

DOWNSIZE ME

Portion sizes have grown bigger and over the past two decades, along with our waistlines, says dietitian Amanda Clark.

Clark, author of *Portion Perfection* (Messenger Publishing), has developed a plate and bowl set that helps you rain in your portions. The plate is divided into sections, displaying the proportions of protein, vegetables and carbohydrates in a healthy and balanced meal.

The porcelain plate costs \$24.95, the melamine \$17.95. A bowl, perfect to keep cereal portions under control, is \$9.95.

"It's good for general use because it's a constant reminder of how much you should be eating," says Clark.

Surveys have found that children have had the greatest increase in food intake in the last few years, eating more than 800 kilojoules a day more now than they did 20 years ago.

"If this extra 800 kilojoules is stored as body fat, this can result in 10 kilograms of extra body fat in a year,"

Clark writes in *Portion Perfection*. Visit www.portionperfection.com.au and www.greatideas.net.au

