

the list

Snacking secret

Who knew that snacking was the secret to losing weight? Well, as long as you're snacking on the right foods. So step back from that chip machine and pick up Portion Perfect's *Healthy Snack Bible* (\$7.95). The book, which is pocket-sized, meaning you can have it on hand whenever hunger strikes, is broken down into everyday snacks and occasional snacks, so while a handful of almonds might be on the menu each day, you can also treat yourself to a TimTam. See www.greatideas.net.au

