

Don't blow your food budget or your diet

WITH supermarket prices at an all time high and obesity rates skyrocketing, it's estimated 73 per cent of Australians will be overweight or obese by 2025. So, it makes sense to tighten your financial belt both at the checkout and when it comes to your waistline.

Dietitian Amanda Clark, author of *Portion Perfection – A visual weight control plan*, suggested to stick to

the outside perimeters of the supermarket – that's where you find the basic foods like fruit and vegetables, dairy products and meat. Processed foods will always cost more. And to skip the aisles with lollies, biscuits and soft drinks.

But most importantly create a list before you leave. Amanda said; "stick to your list, it will save you money, time and calories".