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Eat, drink and stay slim

CHRISTMAS is a time to eat, drink and be merry, throwing caution to the wind and overindulging.

It's only when January 1, hits, you wish you'd consumed a little less cheer and a lot less calories.

And while it is perfectly okay to indulge for one day, the festive season seems to be getting longer each year, with celebrations beginning as early as mid-November.

But, don't worry, Amanda Clark, 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," she said.

"The same goes for alcohol. Familiarise yourself with what 100-calorie portions of alcohol or soft drink look like."