

GI NEWS – OCT 1 2009

Plate Smash!

‘I believe most people would like to eat the right amount, if only they knew what that was. My new [Plate Smash Game](#) makes you stop and think about how many calories you are putting on your plate for one meal,’ says dietitian Amanda Clark. ‘Go over the right amount and your plate will smash!’



Posted by GI Group at [12:16 AM](#) [1 comments](#) 