



Dieting on a plate

IF you haven't made a new year's resolution yet, maybe you can follow the increasing trend set by many Australians during the past year and aim to be portion conscious.

A study released a fortnight ago has shown the proportion of Australians who regularly make an effort to eat and drink smaller portions has increased to 46% in 2010 compared to 29% in 2009.

It sounds a little too simple but simplicity means you are more likely to stick to it.

Here are a few basic steps to help you achieve increased awareness with your portion sizes.

1 Watch your plate size. A bowl of cereal could mean anything from half a cup to three cups depending on what sized bowl you choose.

Likewise, serving your dinner on a large plate generally lends itself to you eating larger portions.

If you feel you regularly overeat at a meal, consider swapping to a bread and butter plate to physically help to reduce your meal size.

There are plates designed specifically to help you gauge healthy portion sizes – check out the Portion Perfection Plate at www.portionperfection.com.au or

call 5536 6400 to order yours.

2 Cook smaller amounts of food to avoid the temptation of going back for second helpings.

3 Order an entree as your main meal when eating out.

4 Use the wonderful healthy benefits of free vegetables to improve satiety. Free vegetables are all the non-starchy vegetables, leafy greens, salad vegetables, capsicums, onions and mushrooms. They come packed with stomach filling fibre, cancer fighting antioxidants and offer little caloric value which is helpful for those watching their waistline. If you are tempted to go back for seconds at a meal make these the only seconds you go back for.

5 There's no real rule to say you have to eat everything on your plate. Sure, your mum and dad may have drummed this lesson into you as a child but it's one habit that causes problems with people being aware of appetite cues. Try breaking away from this habit and give yourself permission to stop eating when you feel you have had enough.

6 Be aware that a serve on a food packet is not always necessarily your idea of a

serve. A 500ml bottle of flavoured milk from the servo is generally consumed in one hit, but often will contain multiple serves. Have a chat with an accredited practising dietitian for more detailed advice regarding label reading strategies.

7 Have a great new year's period. Go easy on the alcohol.

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Portion size goes a long way to a healthier life