

BOOK PICK

Portion Perfection by Amanda Clark

When I run through portion sizes with clients in my clinic, they're often shocked to compare their typical serves with the recommended amounts.

That's why I love Amanda Clark's *Portion*

Perfection. It's not overflowing with dense theory, and it's not something you'd read from

cover to cover. Instead, *Portion Perfection* is a practical, visual guide to the amount of food we should be eating. It runs through breakfast, lunch, dinner and popular snacks, comparing the kilojoules in different meals. While it may sound a bit dry, this is a really important book I'd strongly recommend to anyone who's serious about losing weight. *Portion Perfection*, Messenger Publishing, \$34.95.

