

SIZE matters

You don't have to ban fast food to stay in shape – follow Jessica Biel's lead and cut your portions

We're all tempted to order takeaway after a busy day at work. But if you're doing this regularly, you could be piling on extra kilos without knowing it.

When it comes to chowing down on fast food, dietitian and author of *Portion Perfection* (\$34.95, Messenger Publishing) Amanda Clark says it's all about size.

"You can enjoy your favourite takeaway foods if you know how much to have and how often," she says.

Hollywood stunner Jessica Biel indulges in convenience meals every now and then, but says her secret to staying slim is to shrink your serving size.

"Eat things you like, but eat them in smaller portions," Jessica suggests. "I always cut things in half."

If you're a fan of Friday night fish and chips, Amanda says one battered fish fillet and six to eight chips won't tip the scales.

If you're a Chinese or pizza lover, look for

options that include vegetables and order the smallest size.

It's also important to pay attention to what you have with your meal. Stick to a 200ml can of soft drink and limit wine intake to one glass, advises Amanda.

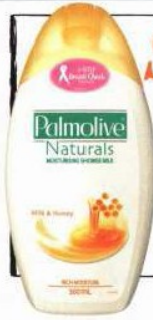
Remember to chew your meal slowly and enjoy the flavours. And you don't have to eat everything on your plate just because it's there!



Control yourself!
Jess indulges in fast food but only eats half the serve in one sitting



Body-conscious Jessica knows how to enjoy fast-food treats without falling off the diet wagon



Stay in touch

October is Breast Cancer Month, so look out for Palmolive's range of body products with the pink 3-Step Breast Check guide on the back. This makes it easy to monitor your body for lumps. Available in supermarkets and chemists throughout October.