

essence

gadgets, gizmos & gear



weightandsee

Sometimes even when we think we are eating healthily we're not, simply because we've overloaded our plates with too much of the good stuff.

Research shows the more we put on our plates, the more we will eat so don't let portion distortion sabotage you. There's help within cupboard reach though with the Portion Perfection plate and bowls ensuring you serve exactly the right amount. These visual weight controls are available at www.greatideas.net.au