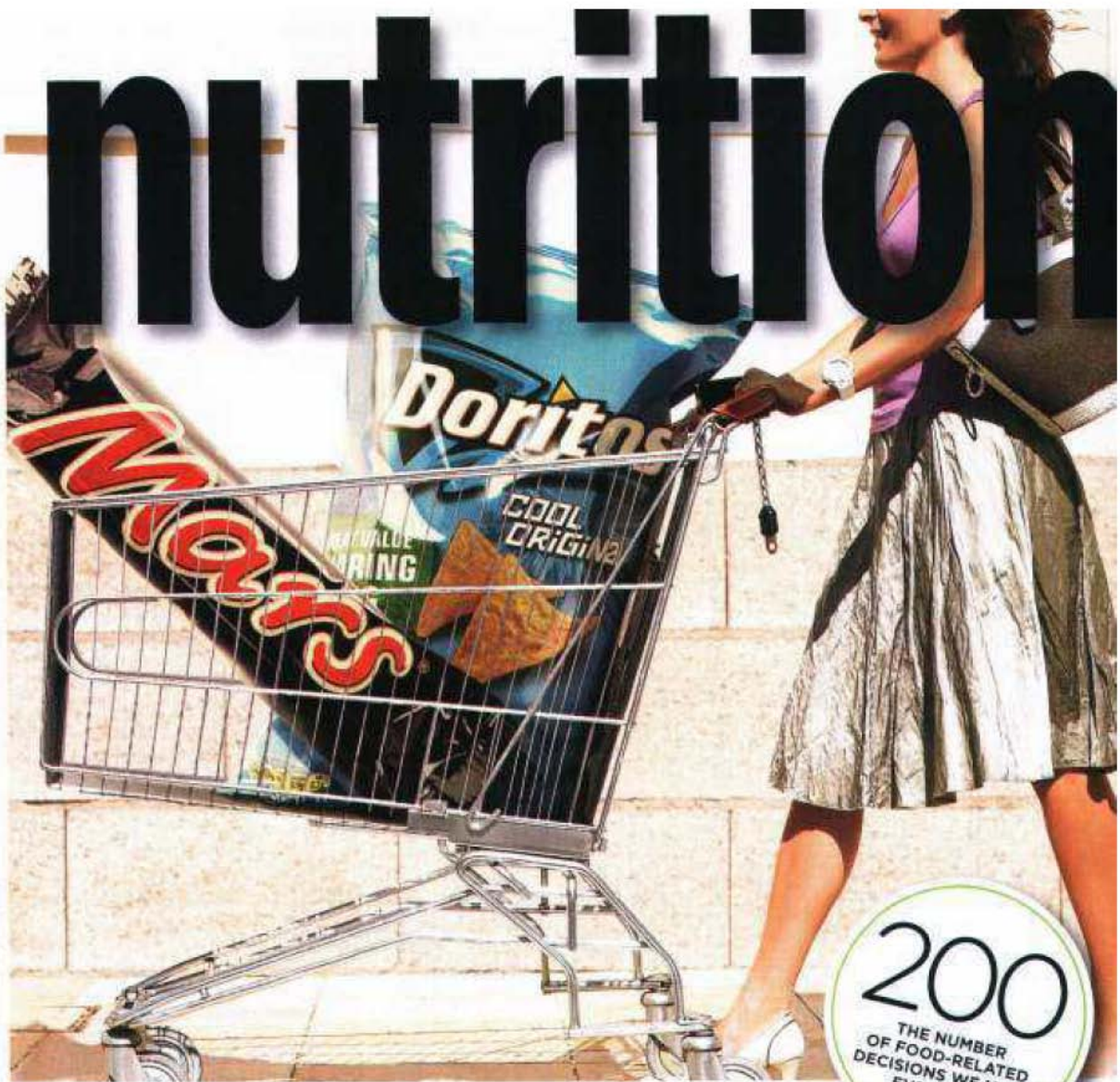


nutrition



PHOTOGRAPHY: GETTY IMAGES; PHOTOLIBRARY; IMAGE COMPOSITION: TAMARA WHITE

200
THE NUMBER
OF FOOD-RELATED
DECISIONS WE MAKE
EVERY DAY

Don't UPSIZE Me

*Check energy
info to serve
you well*

No clue about serving sizes? You're not alone. Research published in the *Journal of Consumer Research* suggests we're too trusting of food labels. In a study that switched the portion descriptions *small*, *medium* and *large* on packaged food, people who chose the mislabelled small packages believed they were

eating less than they were and felt less guilty about their choice. Want a better guide? Look to the kilojoules on the label. Anything with over 840 kJ, or 200 cal, is more than a snack, says Amanda Clark, dietitian and author of *Portion Perfection Healthy Snack Bible* (\$7.95; The Scribo Group). →