

Snacking helps maintain health

WITH more Australians becoming morbidly obese, as a nation we need to focus on ways to combat this growing problem.

While there are hundreds of diets, the evidence is clear diets, especially fad diets, don't work.

What does work, and it has been proven, is portion-controlled meals and sensible snacking.

"Research has found that sensible snacking in the correct serving size and frequency can help to shed those extra kilos while better managing blood glucose and cholesterol levels," explains dietician Amanda Clark.

"Most dieters report that the more diets they have been on the harder it is to lose weight.

"When you think about it from an

evolutionary point of view, it makes sense.

"Think of it this way: the more famines we live through the more important it is for survival that our bodies become energy efficient, which means holding on to fat as long as possible.

"This is a good reason to avoid cutting your energy intake too low without some expert advice.

Amanda's new book, *Your Portion Perfection Healthy Snack Bible*, pictured, an updated extract from *Portion Perfection - A visual weight control plan*, is a must for helping you choose sensible snacks.

Easy to slip into your handbag, the 52-page pocket-sized book features pictures and nutritional information for more than 250 snacks. Snack choices

have been split into everyday and occasional choices.

The distinction between everyday and occasional snacks factors in the glycemic index of each food as well as its nutritional content.

While foods in the everyday category are fine to eat every day for weight loss, the occasional foods may not provide enough nutritional value, may have a higher GI, higher levels of sugar, salt or saturated fat and not contribute positively to a healthy balance on a restricted intake.

■ For your chance to win a copy of the book, email your contact details to news@gattonstar.com.au with "snack smart" in the subject line. Competition closes on November 16 at 2pm.

