

Bible for perfect-portion snacking

SNACKING could contribute to successful weight loss, according to dietitian Amanda Clark.

“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,” Amanda said.

“Snacking helps to manage hunger and helps us avoid overeating at meal times,” she said.

“Choosing healthy, nutritious snacks is an easy way to improve your diet and overall health.”

Tips on choosing sensible snacks can be found in Amanda’s new book, *Your Portion Perfection Healthy Snack Bible*.

The 52-page pocket-sized book features pictures and nutritional information for more than 250 snacks, split into every day and occasional choices.

Divided into 100-calorie and 200-calorie options, the book makes it easier to choose the right snack at the right time, she said.

Your Portion Perfection Healthy Snack Bible will be available to download free at www.greatideas.net.au from November 15.

The book will cost \$7.95.

Call 07 5536 6400 for stockist information.