

Supermarket savvy

According to dietitian and author of *Portion Perfection - A visual weight control plan*, Amanda Clark, saving money at the supermarket checkout and keeping your diet under control go hand in hand.

"It's easy to be tempted by all the extra foods you don't need to buy," Ms Clark said.

"These extra foods can add hundreds of unwanted calories to your daily intake, contributing towards weight gain and adding a hefty amount to your shopping bill."

Stick to the outside perimeter – that's where you find the fresh vegetables, dairy products and lean meats. Processed foods always cost more. Skip the aisles with lollipops and candy – these are luxury calories. But you can have some of it and you budget for it. If your financial budget doesn't rise, Supermarkets know the best way to keep children busy by giving them a shopping list, from the h