



Portion Perfection plan offered to members

TO HELP locals figure out how much is right to eat, Fitness Works is releasing dietician Amanda Clark's *Portion Perfection* book, plate and bowl to its members in time for spring.

This easy-to-follow photo diet plan gives a reality check on how much we should really be eating, says Fitness Works manager Tom Crockett.

"Ever-expanding serving sizes have left us confused about how much we actually need to eat," Mr Crockett said.

"Evidence shows the larger the serving size, the more we eat, and the larger the plate, bowl or package, the more we eat."

The *Portion Perfection* book

features hundreds of photos of popular Australian meals and snacks with supermarket-brand products you can identify with.

The photos show the right amounts to eat with various size options, depending on your age, gender and weight-loss goals.

Seeing exactly how much is right to eat for meals and snacks can help you avoid having larger portions than you should.

"It is amazing the extent to which we underestimate how much food we are eating if we have nothing to benchmark from," said author and dietician Amanda Clark.

There's also a Portion Perfection plate and bowl to help you serve up the right amount.

The Portion Perfection plate is divided into segments to measure out the ideal ratio of protein foods to carbohydrate foods and vegetables for a balanced meal.

The bowl has level markers so you can easily and accurately measure your ideal serve of a wide range of popular cereals and desserts shown in the book.

Photos show what to eat for each meal, based on recommended daily calorie intakes for women, men, children, inactive teens and active teens who want to lose weight or maintain weight.

"If you want to put all the pieces of the eating and exercise puzzle together, call Fitness Works now," Mr Crockett said.



Fitness Works can help you achieve and maintain your ideal weight with the Portion Perfection book, plate and bowl.

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