

all about you

Keep tabs on your Christmas indulgence



CHRISTMAS is a time to eat, drink and be merry, throwing caution to the wind and overindulging.

It's only when January 1 hits, you wish you'd consumed a little less cheer and a lot less calories.

And while it is perfectly okay to indulge for one day, the festive season seems to be getting longer each year, with celebrations beginning as early as mid-November.

But, don't worry, Amanda Clark, author of *Portion Perfection: A Visual Weight Control Plan*, has a foolproof way of getting you through the festive season, 100 calories at a time.

And you don't have to miss out on all the yummy things.

"Everyone loves Christmas and the festive season, and traditionally it is a time to socialise more, eat more and completely relax your normal routine.

"It's also a time when mindless overindulgence can cause you grief once the last Christmas cracker has been popped and the last slice of turkey has been eaten," says Amanda.

"To keep your Christmas indulgences under control, it's a good idea to learn how to count calories by the hundreds so you know the calorie content of that handful of nuts or chips eaten at a party.

"The same goes for alcohol. Familiarise yourself with what 100-calorie portions of alcohol or soft drink look like."

So armed with your 100 calorie plan, you will be able to eat, drink and stay slim this Christmas.

Your calorie

To make it easy, follow these for getting your portions right your favourite festive foods your diet, knowing these serve contain 100 calories:

- Christmas fruit cake – 35g slice
- Dairy Farmers Vanilla Custard
- 1 scoop ice cream – 100ml
- Christmas candy cane – 1 x 12
- 1 Meringue nest + 50g yoghurt
- 1 Lindt Lindor Ball
- 10 Choc-coated peanuts
- 17 Vita-wheat grain snacks
- Cashew nuts – 14 nuts or 20g
- Hommous dip – 33g + carrot /
- 60g smoked salmon
- 5 Arnotts Jatz + 2 tsp low fat di
- 1x33g wedge Brie cheese
- 1 small (20g) packet potato cris
- 1 cup shelled prawns
- 10 black or green olives
- 1 dim sim, party pie, party saus
- spring roll
- 150ml red or white wine or cha
- 60ml port or 45ml spirits
- 1 Beer stubbie light 375ml
- 250ml can soft drink
- 200ml juice

■ Amanda Clark is an accredited dietitian who received one of accolades in her profession with the Dietitians' Association of President's Award for Innovation. She has spent the past 15 years researching nutrition authors' work, listing online bookshop at www.grea

PORTION Perfection is a visual weight control plan that shows you exactly the right amount to eat if you want to lose or maintain weight.

It includes everyday and occasional foods such as treats like chocolate or wine.

And spells out just how much to eat for various age groups.

The book has hundreds of pictures showing popular packaged foods, including almost every brand of yoghurt, cereal, muesli bar and crisps available in Australia, as well as common take-away foods.

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

All the Portion Perfection products are available

