

# Eating for health

*The popular resource, Eating for Health, which was first developed in 1996, has been revised to facilitate discussion on portion size.*

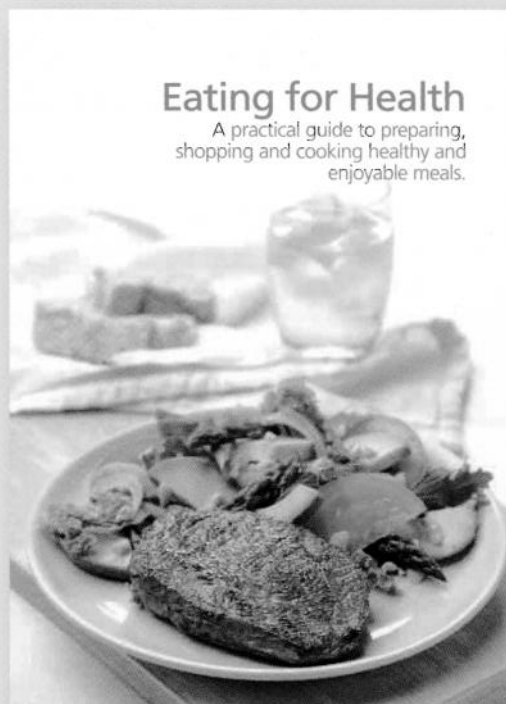
Eating for Health was first developed as a practical resource on shopping and preparing low fat meals. With increasing emphasis on portion control for weight management, it is timely to update the brochure accordingly.

The revised brochure aims to provide health professionals with a tool to discuss portion control with their patients and to encourage and support them with simple cooking advice and meal ideas.

Developed in collaboration with dietitians, MLA has revised and re-released its *Eating for Health* brochure. The updated version has an emphasis on portions and on cooking. It uses an image of a plate to show how to apportion a healthy meal incorporating different-coloured vegetables, carbohydrate-rich foods (ie grain foods or potato), and a lean piece of protein.

To help transfer knowledge into action the brochure also includes basic master recipes offering step-by-step, illustrated instructions for stir-frying, pan-frying, roasting and making casseroles. Additionally there are two recipes, including plenty of variations, for cooking the ever-popular mince.

The brochure, which has the approval of the Go for 2 and 5 program, Dietitians Association of Australia and the Heart Foundation Tick, is available on [www.redmeatandnutrition.com.au](http://www.redmeatandnutrition.com.au)



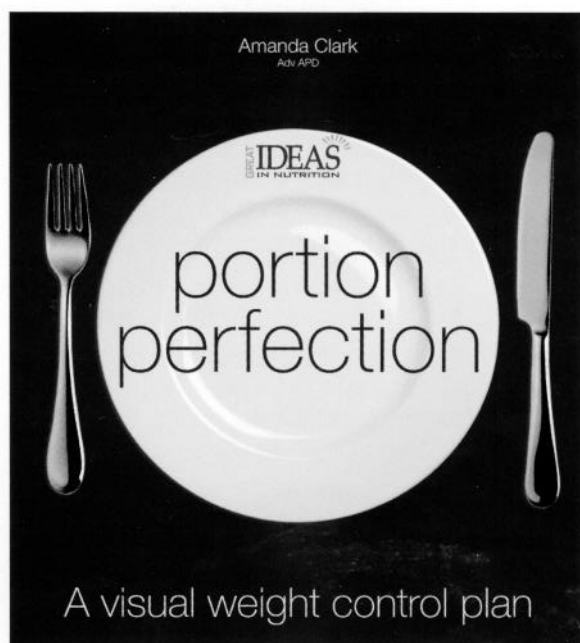
# Portion perfection

*A new book uses easily understood visual guides to give consumers practical advice on choosing what, and how much, to eat.*

The last time high-waisted pants were in fashion, just one in ten Australian adults was overweight and a Mars Bars weighed 30 grams and contained 135 calories. Now high-waisted pants are back, one in two Australians are overweight and a Mars Bar weighs 80 grams and contains 365 calories.

Dietitian Amanda Clark believes it's no simple coincidence that rising portion sizes and rising body sizes are occurring at the same time. Her new book, *Portion Perfection* aims to give weight control back to consumers by visually demonstrating reasonable portion sizes for both losing, and maintaining, weight.

"For the most part we haven't noticed how our portion sizes have increased over the years, and there is good evidence we wouldn't notice if they decreased again," she says. The book, aimed at adults, adolescents and children over 5, deals with confusion over portion sizes by offering a practical, visual guide to the question 'how much should I eat?' It follows Amanda's development of the Perfect Portion plate and bowl, which have ideal portion size and nutritional balance guides printed on them. The book shows portion sizes of commonly eaten foods for meals and snacks and also uses photographs of branded products to help consumers identify appropriate portion sizes of the products they prefer.



The book, *'Portion Perfection: A visual weight control plan'* is available from selected bookstores, and at [www.greatideas.net.au](http://www.greatideas.net.au) for \$34.95.