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### conscious eating to battle the bulge - do you?

Oct 16 11:07pm



Do you feel like you eat way too much? One expert says that we actually eat double what we use to - that means 200 more calories a day than we did 20 years ago.

However, supersizing restaurants and king-size snack bars aren't the only reasons.

According to Dietitian, Amanda Clark, people need more balanced diets as well as correctly sized portions. Even temperature and smell may affect how much you consume.

She says that eating right sized portions is important for balanced diet and weight loss.

- If you follow Amanda's suggestions, you will eat a balanced diet of
- one quarter protein
  - one quarter carbs
  - one half vegetables on our dinner plate.

**Here's how to eat consciously**

- Notice presentation - take time to see how your dinner is presented.
- Notice variety - make sure you have a balance of all foods on your plate.
- Smell your food - make sure its fresh and appetising.
- Notice texture
- Think about temperature - make sure its right for consumption.
- Savour the flavour - let your taste buds enjoy the food.
- Enjoy your meal

Do you believe we are eating more than we used to? Tell us below...

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1. cassandraalgribson - Oct 17 10:15am  
I am sick of hearing people whinging that they are fat and have tried all kinds of diets and nothing works! They are fat because they are greedy, eat too much and can't be bother to exercise.

2. moiran07 - Oct 17 10:33am  
Yep - when I was growing up, we had very small serves as did my parents.  
  
Society is structured differently today - shopping centres that require a car trip rather than local shops, working fulltime rather than having one parent home to cook/grow veg etc. We live in obesogenic environments.

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