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PORTION BOOK - Monday 29 September 2008by [Marqueritte Rossi](#)

If you've been battling to lose weight without success maybe its not what you've been eating but how much, that's the problem.

A new book, sets the record straight on the amount of food we should all be consuming, and lifts the lid on the out of control sizing on many of our favourite snacks.



For the past 20 years Dietitian Amanda Clark has watched the size of our snacks and meals grow, along with our waistlines.

So to help restore our eating patterns, Amanda wrote this book, Portion Perfection, a visual guide to just how much we should all be eating.

Whether you're a man or woman, losing weight or just trying to be healthy, there are photos of the right size meal you should be eating.

To make things even easier there's also the portion perfection plates and bowls.

Using the plate a healthy dinner would be a quarter protein, a quarter carbohydrate, and half salad or vegetables.

It's a strategy that's worked wonders for Roger and Marion Hill.

The owners of a fruit and vege store, they're surrounded by mountains of food, and sadly were eating and drinking accordingly.

But since portion perfection became a part of their life, they've each lost over ten kilos in a little over three months.

"I used to have this whole bowl of fettucine, and I used to have a bit, and now we have this between us we share it," Roger said.

Roger's blood pressure is now under control, and finally Marion has an eating plan that works for her.

And they're both well lets just say, smiling - the biggest changes to the butt and the love handles.

To show just how confusing serving sizes can be, take soft drink for example.

Take a 390ml bottle - that's classified as one serve, so too is this 600ml bottle. But this one litre bottle is classified as four serves - confused?

Portion control starts from the first meal of the day.

The calories in this breakfast add up to 800.

By using the portion perfection bowl, the same breakfast now counts for only 300 calories.

Now moving onto dinner, this typical serve on a normal plate is eight hundred calories.

"This is what I'd be recommending, a quarter meat a quarter pasta and half of it salad," Amanda said.

The portion perfection plate of pasta and salad has half the calories of the usual plate.

So perhaps it's time to throw away those big bowls and plates, downsizing your china cabinet, could just end up downsizing your waistline.

The Portion Perfection book is available from all good book stores from 1st of October. Visit www.greatideas.net.au. The portion perfection book costs \$34.99, the bowls cost \$9.95 and plates cost \$17.95.

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