

Satisfaction guaranteed

CAKES, chocolates, lollies, biscuits and decadent desserts have been created to appeal to our desire for ideal texture and flavour.

So it's hardly our fault if we succumb to indulgence once in a while – as long as it's only once in a while.

Large doses of tasty treats are like a trip to Hawaii, says author of *Portion Perfection: A visual weight control plan*, Amanda Clark.

"You don't go every weekend because it has its costs," she says.

"But no one tells us we can't go. We make that decision for ourselves, so we don't feel deprived.

"To keep ourselves going, we have little breaks away often."

Amanda recommends developing this same attitude with higher-calorie foods.

"To avoid guilt, get the portion size right," she says.

"For weight loss, a snack ideally contains about 100 calories (equivalent to a Freddo Frog) and for weight maintenance, 200 calories (equivalent to a giant Freddo)."

Amanda says to pretend you are a food critic and analyse every

mouthful while enjoying your treat. "With each bite, consider whether you need more or whether you would feel OK if the plate was empty," she says.

"When you choose to eat higher-calorie foods, make them last.

"Part of the satisfaction comes from the length of time you are exposed to those ideal tastes, textures and aromas.

"Use conscious eating strategies to satisfy your mind as well as your stomach."

When eating

out, Amanda's tip is to think about the choice of outlet and look for the availability of vegetables or salad.

"If the meals available are really just made of meat and bread, potato or other starchy foods, then keep looking," she says.

"Stick to one or two courses, depending on your

wash down food, go for the water. "Enjoy every sip of the wine."

Amanda says to focus on the atmosphere, the company, the quality of the food and less on the quantity consumed.

energy needs, and watch out for calorie-containing drinks.

"If you choose to drink wine, keep a glass of water handy, and whenever you are reaching for a drink to quench your thirst or



The secret to indulging is to savour every mouthful