



Strategies for buffet buffs



Choose carefully at buffets

Portion Perfection, a visual weight-control plan, is available at selected bookstores and www.greatideas.net.au for \$34.99.

THEY can be a food-lover's fantasy or a trap for the unwary.

Author of *Portion Perfection* Amanda Clark says the trick to enjoying buffets is to treat them like a la carte restaurants, where you get to choose what and how much makes it on to your plate.

Try Amanda's tips for savouring a smorgasbord:

- Eat at the same time as your partner or friends.

It's not an enjoyable meal if you gobble down food while you mind the handbags.

But don't go back for more just because your companions are in the queue.

- If you decide to splash out on dessert, cast your eyes over the full range and choose only your absolute favourite one.

They are usually small serves, which works in your favour.

- Get over the value-for-money mentality.

Consider the costs to your health and efforts to lose weight.

- Learn and pay attention to how many calories are in what you are consuming and how many calories you need based on your gender, age and weight-loss goals.

- Keep the variety of higher-calorie foods to a minimum and increase the different kinds of healthy foods to choose from.

The more variety you see, the more you will eat.

- Keep empty food and beverage containers in front of you so you can see how much you've already consumed while you are still dining.

You can even pour drinks into a clean glass and leave empty glasses on the table to keep track of what you've had.

Studies have proven this makes you consume less.