

Obese? Try this book for size

COOLANGATTA dietician and author Amanda Clark re-educates people on the importance of portion size in her book *Portion Perfection - A visual weight control plan*.

Mrs Clark (right) says almost 190,000 Gold Coasters are classified obese and blames large portion sizes, eating too fast and passive overeating due to a busy lifestyle or stress.



“Knowing your correct portion sizes for every meal can keep you on track if you want to lose or maintain weight,” said Mrs Clark.

“For the most part, we haven’t noticed our portion sizes have increased over the years and there is good evidence we wouldn’t notice if they decreased again.”

Mrs Clark suggests a holistic approach to combating obesity and reducing the amount of calories consumed in each meal.

Portion Perfection - A visual weight control plan is released in bookstores nationally today.

The book gives advice on practical portion sizes, appropriate calorie intake, brand recognition and how to be selective when choosing food.

Locals can get pre-release copies of *Portion Perfection* from Mrs Clark’s Coolangatta clinic on Level 1 of Showcase on the Beach.

As a tip to determine correct serving sizes, Mrs Clark suggests just seeing the right amount on a plate can help you judge food products by giving a realistic view of what is an acceptable serving.

“Most people feel as though they eat too much; this book is a reality check to some people who tend to overeat,” said Mrs Clark.