

Shed unwanted winter kilos

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AFTER months of indulging in warm and tasty comfort foods and hiding beneath woolly jumpers, it can be daunting when summer comes around and it's time to bare all.

A winter of indulgences can quickly turn to excess kilos and flab and it becomes tempting to look to crash diets to battle the bulge in time for the pending season of swimwear.

But according to advanced

accredited practising dietician Amanda Clark from Great Ideas in Nutrition, losing weight is can be as simple as portion control.

"It is possible to drop a few kilos and not just for summer, but permanently," she said.

"Keeping to regular meals and not grazing can help.

"Buy smaller serves of packaged foods and use smaller plates, bowls and glasses."

Ms Clark who has just released the book *Portion Perfection*, said one of the main questions she

gets asked from her clients is "What food can I

eat to lose weight?"

"But I think the more pertinent question is 'how much is the right amount to eat to lose weight,'" she said.

Her book is a solution to that common question, allowing people to not give up those treats we all love, but to limit and control the amount we do indulge in.

"*Portion Perfection* is a visual weight control plan that shows you exactly how much is right to eat for your weight goals," Ms Clark said.

"Portion control is the more painless way to cut the calories.

"Research shows we didn't really notice our portion sizes increasing and we wouldn't notice if they decreased again."

Making a commitment to lose weight or maintain an ideal weight is more of a lifestyle choice rather than a quick fix.

Ms Clark said the healthiest way to go about losing weight is to choose a method you can continue with forever if need be.

She recommended choosing a diet that requires the least focus and has

rules that are not so strict as to never allow a particular food.

"Make changes, but stick as closely as feasible to your current routine," Ms Clark said.

"Consult an accredited practising dietician who can individualise your plan and make it work for you.

"They can also motivate and support you through the change and give you the benefit of their knowledge of products in the local supermarket and other resources such as exercise classes and great books and cookbooks."

Ms Clark warns that some of the biggest risks associated with fad diets are weight regain and nutritional inadequacies. Other risky factors include developing inappropriate attitudes to foods and social isolation because people can't eat out or socialise while on a strict diet.

"You also risk affecting your metabolism so it is harder to lose weight in the future," Ms Clark said. By working to change bad habits and limit food intake, there is no need you can't have your cake and enjoy it too, that is as long as it's a portioned controlled piece.

-CHRISTINE MUNSON



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