

Local Dietitian Launches New Book

Australia's obesity levels have doubled over the past 20 years along with the calorie content of many common food serves. Evidence shows the larger the serving size, the more we eat, and the larger the plate, bowl or package, the more we eat.

But local dietitian, Amanda Clark, says you can regain control of your calorie intake by being aware of exactly how much is right to eat and by being more selective in the products you buy.

Amanda is set to release a new book this October entitled *Portion Perfection - A visual weight control plan* to help readers make more informed decisions about how much to eat.

"Knowing your correct portion sizes for breakfast, snacks, lunch and dinner can keep you on track if you want to lose or maintain weight," said Mrs Clark.

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

Excessive portion sizes, promotion of energy-dense packaged foods, and passive overeating have left us dazed and confused about how much we really need to eat, according to Mrs Clark.

In the southern Gold Coast/Tweed area alone, almost 190,000 people are now affected by obesity or some other nutritional disorder.

Portion Perfection - A visual weight control plan shows you:

- Exactly how much is right to eat if you want to lose or maintain weight
- Over 150 recognisable brands of packaged foods, so you can be more selective in what you buy and more aware of your calorie intake
- Practical portion guidance on a wide range of everyday foods

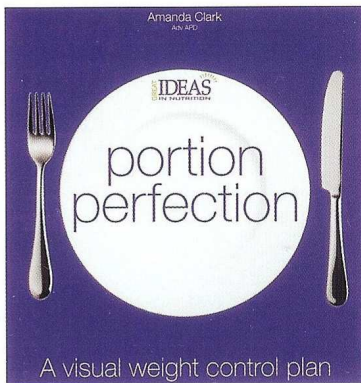
"It is possible to eat fish and chips occasionally without gaining weight, or to snack on chocolate now and then and still have a healthy diet," said Mrs Clark.

"When you know how much is right to eat, you can feel less guilty about eating higher calorie foods occasionally. You can also eat out regularly and still lose weight."

Amanda Clark received one of the highest accolades in her profession when she won the Dietitians' Association of Australia President's Award for Innovation in 2006.

The *Portion Perfection* book is supported by optional plates and bowls developed as useful tools for controlling portion sizes. The book, plate and bowl are available at www.greatideas.net.au

Amanda Clark is available for consultations and can be contacted on 5536 6400.



Gold Coast Hospital Foundation 'Gift of Life' Gala Dinner

The Gold Coast Hospital Foundation's Gift of Life Gala Dinner held in early August was a huge success, with more than \$50,000 raised on the night.

Held at the Sheraton Mirage Ballroom, over 370 guests thoroughly enjoyed the elegant occasion. The funds raised will enable the purchase of state of the art life-saving hospital equipment and

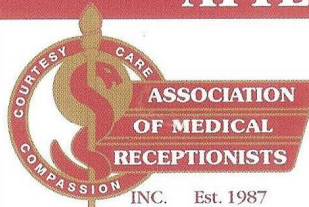


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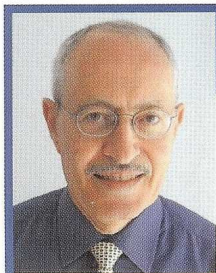
We'd love to hear from you!

The Association of Medical Receptionists Gold Coast

PO Box 2744, Southport Q4215

Telephone/Fax 5564 5693 • Mobile: 0412 228 544

Email: amrgc@iprimus.com.au • www.amrgc.org.au



Dr Philip Soryal

Ashmore Therapy Clinic
54 Ashmore Rd, Sorrento
Psychotherapist / Hypnotherapist

MBChB, Founder Member Aust Soc Clin Hypnoth (ASCH)
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