



Visual guide to weight control

KINGSCLIFF dietician and author Amanda Clark has just released *Portion Perfection - a visual weight-control plan*, which aims to help people understand what a correct portion size is.

"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 says. "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."

Amanda says excessive portion sizes, promotion of energy-dense packaged foods and passive overeating have left us confused about how much we really need to eat. "In the southern Gold Coast/Tweed area alone almost 190,000 people are now affected by obesity or some other nutritional disorder," she says.

"When you know how much is right to eat you can feel less guilty about eating higher calorie foods occasionally."