

## Nutrition advice

Confused about what you should and should not be eating? Dietician Amanda Clark says you can control your calorie intake by being aware of how much you should eat and being selective in what you buy.

“Knowing your correct serving size can help you make more informed decisions about how much to eat, and keep you on track if you want to lose or maintain weight,” 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’s book, *Portion Perfection*, is available now from selected bookstores for \$34.95.

