



Amanda Clark

DIETICIAN Amanda Clark, author of *Perfect Portions – A Visual Weight Control Plan*, has some great ideas on how you can make the most of Christmas and stay in shape.

First, choose a menu with several special dishes instead of a mish-mash of everything remotely associated with Christmas.

This will help you eat less because you won't feel compelled to sample a range of options and you can really enjoy a carefully co-ordinated meal.

Here are Amanda's tips for how to save money by planning a perfect five-star Christmas dinner:

- Devise a menu which is special and don't serve every dish usually linked with Christmas.
- Choose one major dessert instead of overdosing on trifle, pavlova, pudding and Christmas cake.
- Christmas is a day, not a month. Buy and prepare enough for a



CONTROL ... keep Christmas fare simple.

Celebrate and stay balanced

meal or two.

- Use smaller plates, bowls and glasses. Studies have proven that as the size of your dish increases, so does the amount you eat.
- Christmas food doesn't have to equal overeating. Divide plates into quarters and serve meats on one quarter, potatoes or starchy salads on another then fill the rest with salad or vegetables.

Amanda also has these size guidelines for getting your portions right so you can choose from your favourite festive foods and still meet your daily energy requirements, knowing these serving sizes each contain 100 calories.

- Christmas fruit cake 35g slice
- Dairy Farmers vanilla custard 1 x 140g tub
- Peters Light &

Creamy ice cream 1 x 46g tub

- Cashew nuts, 14 nuts or 20g
- Hommous dip 33g + carrot or celery sticks
- Christmas candy cane, 1 x 12cm cane
- 5 Arnotts Jatz and two tsp low fat dip
- One meringue nest plus 50g yoghurt and berries
- 1 Lindt Lindor ball or 10 choc-coated peanuts
- 150ml red or white wine or champagne, or 60ml port, or 45ml spirits or one beer stubbie light, 375ml.

The book *Portion Perfection* shows recommended daily calorie intakes and breaks down the ideal number of calories to be consumed for each meal and snack for males and females of various age groups.