



Oh no! 2 days to go

There is nothing worse than discovering that long-lost cousin or annoying nephew is now coming for Christmas. And with only two days left, there's little chance of buying something appropriate . . . or is there? *CoastConfidential.com.au* has researched hard on quirky last-minute gifts guaranteed to be the hit pick of Christmas stockings across the Gold Coast

The food fanatic

ARE you sick of that calorie-counting relative who overindulges on the Christmas spread and then spends the rest of the day nattering about it because they feel guilty? Nip the problem in the bud – and the butt – with a Portion Perfection visual weight-control plan gift pack. The package includes the *Portion Perfection* book by Gold Coast dietitian Amanda Clark, which spells out the exact amount to eat, to lose or maintain weight. There also is a plate and bowl designed to help the dieter serve the right amount. The pack is \$55 from Great Ideas in Nutrition at Coolangatta, or you can get the book on its own for \$34.95 from QBD, Dymocks or Angus and Robertson.



The health nut

HERE are sweet little stocking stuffers that look good enough to eat but are 100 per cent fat free and, er, slightly chewy. The 'towel cakes' are made from soft cotton face washers, which make them practical as well as cute. Just be careful not to give one to a relative who might take it as a subtle comment on their hygiene. The 'cakes' are \$10.95 from Kenny's Cardiology.



The fashionista sister