



Size matters

Dietitian Amanda Clark has a new book available called *Portion Perfection* where she explains the importance of controlling your portion sizes for weight loss. "If you get the portion size right, you don't need to feel guilty about occasionally having chocolate, alcohol, ice-cream and other high-

kilojoule foods," says Amanda. "Banning these foods will only lead to craving them even more."
TIP: One way you can watch portion sizes is to try meal replacement shakes, containing a balance of protein and carbohydrates. Celebrity Slim make shakes in fun flavours such as Cookies & Cream. Find them at Priceline stores.