

Portion control



Sunday, December 21, 2008

Brace yourselves, for the festive-feasting-free-for-all – a time when we load up and pile on everything from extra prawns with a side of pudding to kilojoules and kilos - is upon us (no pun intended). But, with a little discipline, that being self-control and portion control, we can dramatically limit the amount of post-gorging gym time. If you, like me, are confused about portions let alone control, heed dietician Amanda Clark's advice - whose book, *Portion Perfection*, dissects such dilemmas – and choose festive treats that contain no more 100 calories such as 1 candy cane, 1 Lindt Lindor Ball, 10 chocolate-coated nuts, 1 150ml glass of wine or champagne, 1 45ml of spirits or a 375ml stubbie of beer.

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