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Portion plate - Tuesday 5 May 2009

by [the Extra Team](#)

If you've been struggling to lose weight without success maybe it's not what you've been eating but how much. Nutritionist Bianca Neaves admits portion sizes now are two to five times larger than they were 20 years ago.



Dietitian Amanda Clark has developed a new way of battling a bulging plate. She has designed a special plate which shows us how much we should be eating. She works on the basis of filling the base of the plate 2cm deep with one quarter protein, one quarter carbohydrate and half salad or vegetables. Amanda said using that technique you will have around 350 calories, however if you fill your plate to the edge you'll have 450 calories. Amanda's first portion perfection strategy is to make sure that half your plate is filled with vegetables or salad. She also recommends thinking about what you're eating before taking a bite.

While the portion plate is a great idea, nutritionist Bianca Neaves says it can be just as effective to switch from a dinner plate to an entree sized plate at home. Though she believes one of the biggest threats to our waistlines is the good old second helping. The solutions include:

- before you sit down put all your leftovers into the fridge or freezer
- don't let people serve from the table that encourages seconds
- slow down the speed of eating
- buy individual serves of your favourite foods
- when eating take-out, don't up-size

But the simple message in all of this is by using a small dinner plate, you can almost half your calories intake.

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