



Coast Confidential



with Renae Dyer

Getting a grip on ideal portion eating

CONFESSION: I'm a pig when it comes to food. So when Gold Coast award-winning dietician Amanda Clark sent in a copy of her new book *Portion Perfection*, I decided to put down the fork and put it to the test.

The book is a visual guide providing photos and an easy-to-read description of commonly prepared and

bought meals and foods, explaining exactly what is the right amount to maintain a healthy weight. It comes with a bowl and plate that measures how much of different foods you should eat for breakfast, lunch, dinner and snacks.

After putting it to practice, it opened my eyes as to how much I was overloading the plate with the

wrong food, I wasn't getting the right portion of good carbohydrates, protein and snacks right.

I was happy to learn the occasional chocolate is OK provided you don't go overboard. Sticking to 1300 calories a day was not as hard as first thought.

Cutting back on chocolate, however, is going to need more discipline.

