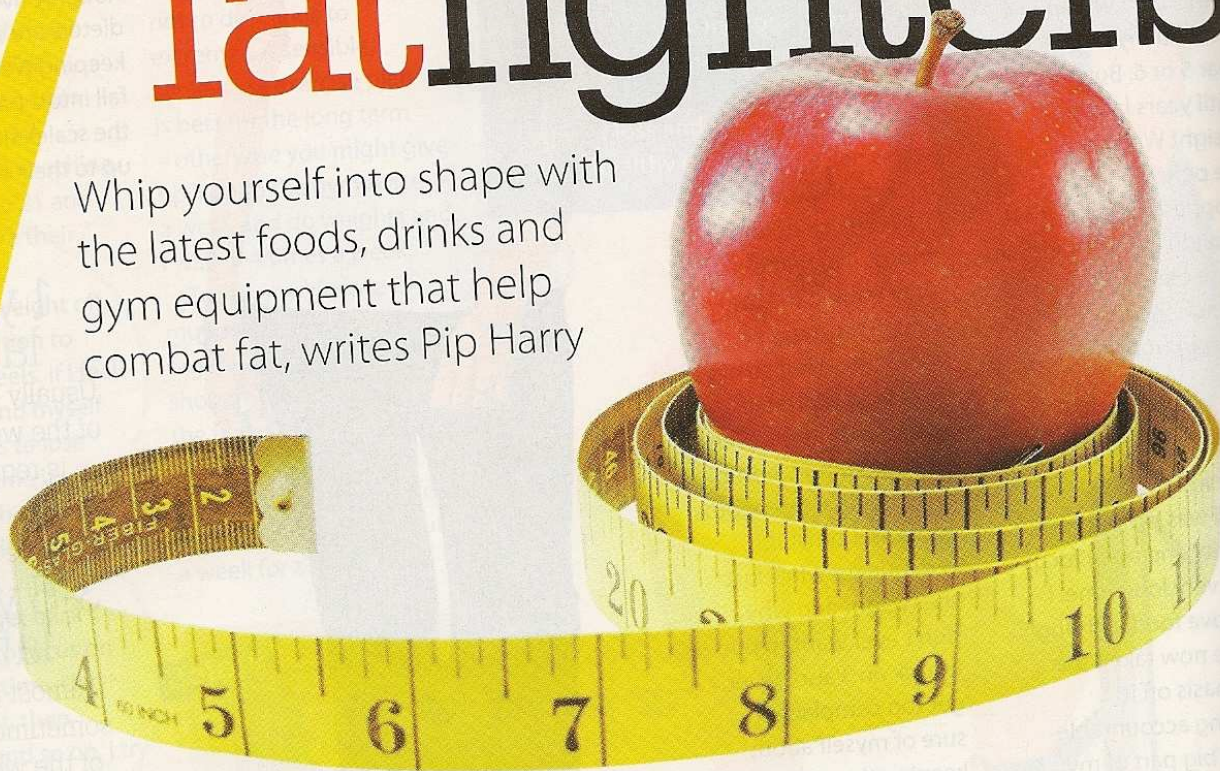


7 smart fatfighters

Whip yourself into shape with the latest foods, drinks and gym equipment that help combat fat, writes Pip Harry



1 BUY A PLATE

Portion sizes have increased dramatically over the last 20 years, adding to our risk of weight gain. Portion Perfection's plates and bowl help keep your servings in check and under control.

■ **How does it work:** The plate holds about 1465kJ when only the base is filled to a depth of 2cm. When filled to the edge at the same depth, it holds 1884kJ. An ideal meal should

range from 1456kJ to 2090kJ. Divided into segments, it shows the ideal proportion of proteins, carbohydrates and vegetables required for a balanced meal.

■ **Cost:** Melanine plate, \$17.95, porcelain plate, \$24.95, and melanine bowl, \$9.95. Available at bookstores and online at www.portionperfection.com.au.

2 CHEW CHIA

Slim Secrets has released new Designer Cookies, which could help ward off sugar binges and overeating. The choc-chip cookies contain chia seeds – an ingredient designed for weight loss.

■ **How does it work?** Chia seeds – made from a plant of the mint family – are able to absorb up to nine times their weight in water, which gives

a feeling of fullness after eating. Each cookie has 510kJ (about the right amount for a small mid-morning snack), is low GI and high in 'good fats', omega-3 and 6, protein and fibre.

■ **Cost:** \$5.95 for box of four 32.5g cookies. Available at Woolworths, Coles, Boost Juice

and Pulse Pharmacies. Visit www.slimsecrets.com.au.



3 THE RIGHT WHEY

IsoWhey Complete is a nutritional protein powder made from whey – a by-product of cheese made from cows' milk.

■ **How does it work?** Whey is high in protein, which helps us feel fuller for longer. The whey

protein in IsoWhey contains bioactive components, that help stimulate appetite-suppressing hormones. It also has chromium that helps curb cravings.

■ **Cost:** \$59.95 for 640g. Available at health food stores. For more details, visit www.pharmafoodsprofessional.com.au.

