



Get the skinny on a simple health regime

KINGSCLIFF dietician Amanda Clark says staying healthy is not just watching what you eat, but how much.

"One of the biggest changes (in food) over the past 20 years has been the increase in portion sizes, which most of us have barely noticed," said the author of *Portion Perfection*.

"A Mars Bar used to be 135 calories and is now 370, while a cup of

coffee has gone from 85 calories to sometimes more than 480.

"Nobody used to complain about the size of snacks, but big food companies have made them bigger to sell us more, and now they often have the same number of calories as a whole meal should have.

"At the same time, over those 20 years, we have become more sedentary but also busier, so

there is less time spent planning meals."

Amanda says that to eat well, we need to eat consciously, to plan our meals and then consider each part of the meal, notice textures and flavours and think about what each item on our plate is doing for us.

"Generally we eat too much meat and carbs and not enough vegetables, so thinking about that combination is a

good start," she said.

"When money is tight we are often encouraged to buy in bulk to save but studies show this just leads to eating bigger portions.

"Buying smaller packages and using smaller plates are two easy ways to eat less."

- Amanda is the 2006 winner of the Dieticians Association of Australia president's award for innovation.



LESS IS MORE ...
 eating smaller portions should be a part of any healthy diet.