

After HOURS

QUICK and easy

Post-surgery portions

Advanced practicing dietitian Amanda Clark's *Portion Perfection for Bands and Sleeves: Seeing is Understanding* is a follow up to her debut release *Portion Perfection: A Visual Weight Control Plan*.

In her latest foray into weight loss, Clark delves into the growing trend of gastric restrictive surgeries such as gastric banding and sleeve gastrectomy. She comments that while these surgeries work because they influence how much we want to eat, many people still fall short of their weight loss goals without using additional strategies to contain the other factors including how much food is on their plate or in the packet they are eating from.

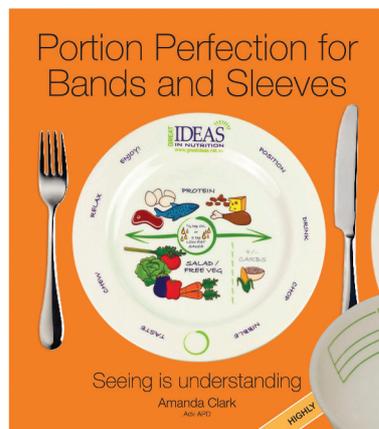
"If your stomach has stretched before, it can do it again," said Clark. "The surgery provides a second chance at having a really small appetite, but this must be protected by being selective about what and how much is eaten, and how and when it is eaten to get the best tolerance with a band."

Clark advocates eating smaller portions to support gastric surgery. Evidence shows that the larger the food serve, the more we eat. The larger the plate, bowl, spoon or package, the more we'll eat. In fact the greater the variety on offer at the buffet the more we eat, without significant awareness.

The *Portion Perfection Bands and Sleeves* book visually covers hundreds of the most commonly prepared and bought meals and foods, and through careful analysis shows exactly how much is right to eat

The book applies to the weight loss phase of restrictive bariatric procedures. Meal plans are based on approx 800 to 900 calories per day which is sustainable only with the assistance of a surgical procedure and a multivitamin.

Portion Perfection for Bands and Sleeves: Seeing is Understanding
Amanda Clark
Great Ideas in Nutrition, \$34.95



Vegetable frittata

Recipe from Formula for Life:
www.formulaforlife.com.au

PREP TIME: 20 mins
COOKING TIME: 30 mins
SERVINGS: 4

Excellent source of: vitamin C.
Good source of: vitamin A, riboflavin, niacin, iron. Source of magnesium, calcium, thiamin and zinc. Per serve (when serves 4): 1206 kJ (288cals) 22g protein 17g fat 13g carbohydrate.

Ingredients:

4 cups of chopped vegetables (zucchini, corn, broccoli, green beans and capsicum)
4 shallots
8 eggs
1/2 cup milk (reduced fat or low fat)
1/4 cup grated cheese
Pepper

Instructions:

Dice vegetables into small pieces and slice shallots. Grease a large flan dish and place vegetables into it. Whisk together eggs, milk and pepper and pour over the vegetables. Sprinkle on shallots and cheese and bake in a 180 C oven for about 30 minutes or until the mixture sets. Great with a side salad and a dollop of low fat natural yoghurt.