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Portion Perfection – 15 July 2010

Today, we'll talk a little bit about health rather than beauty. You see, I am a firm believer in moderation. I don't believe in denying oneself from yummy food but should limit the intake by control.

Whether you are seeking to look your best for a special occasion, to get in shape or wanting to loose some excess kilos; you will have to be realistic. This is where **Portion Perfection** comes into the picture.



Portion Perfection is about an active lifestyle choice, it is about choosing smart food selection, putting less on the plate (research proven the more you put on your plate the more you eat) and some exercise is the best way to lose weight. While the exercise part isn't my cup of tea, I do however love the idea of putting less on the plate and still be able to eat what I love to eat.

Portion Perfection is a visual weight control plan that shows you exactly the right amount to eat if you want to lose or maintain weight. It has hundreds of pictures showing popular packaged food, including almost every brand available in Australia.

The Portion Perfection plate and bowl will help you serve up the right amount of food your body needs. (And boy am I loving these smart tools in helping me limit my food consumption!)

Get your portions right and your weight loss will follow!

Amanda (author of Portion Perfection) also recommended these tips for weight loss:

- 30 mins of aerobic activity a day

- Get enough sleep
- Drink 2 litres of fluid per day
- Break up meals into 5 - 6 smaller ones (this helps to speed up metabolism)
- Increase fruit and vegetable intake (this we all know but oh so hard to follow through)
- Increase fibre intake (choose only wholegrain selections)
- Decrease fat intake (no more than 30 grams per day)
- Avoid late night snacks
- Listen to your body

I am a huge snack person and some of the recommended snacks in my 7 day meal plan includes apples, strawberries, paddle pop (fun!), mango, Arnotts snacks, Vitaweat biscuits, almonds, Weiss bar, etc. See I told you losing weight doesn't HAVE to be torturous, limit amount of food portion is key!

Portion Perfection Book \$34.95
Portion Perfection Pack \$ 55.00