

Simple, healthy lifestyles

AUTHOR and Advanced Practising Dietitian, Amanda Clark's latest offering *Portion Perfection for Bands and Sleeves* is sure to help you maintain healthy eating habits post surgery.

Evidence shows that the larger the food serve, the more we eat.

So many things beyond our control influence our calorie intake.

An option more and more people are taking to lose significant amounts of weight, are gastric restrictive surgeries such as gastric banding and sleeve gastrectomy (bands and sleeves).

Some think of these as an easy solution, but really all weight loss comes as a result of smaller portions of food and an improved ability to exercise as weight decreases.

And 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," Amanda said.

"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."



AMANDA CLARK, AUTHOR of *Portion Perfection for Bands and Sleeves*, makes achieving a healthy lifestyle simple.

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.

Portion Perfection Bands and Sleeves applies to the weight loss phase of restrictive bariatric procedures.

Meal plans are based on approx 800 - 900 calories per day which is sustainable only with the assistance of a surgical procedure and a multi-vitamin.

Guidelines are general and an option is available for recording individualised recommendations from an Accredited Practising Dietitian.

The Portion Perfection bands

and sleeves plate and Portion Perfection bowl complete the set.

Portion Perfection for Bands and Sleeves is the perfect addition to a multidisciplinary team approach for optimum weight outcome and instilling long term weight maintenance habits.

Low on words and high on pictures - it's easy with *Portion Perfection for Bands and Sleeves* - seeing really is understanding.

GIVEAWAY

The Star currently has one copy of *Portion Perfection for Bands and Sleeves* to give away.

To enter simply email your details to news@gattonstar.com.au with 'Book Giveaway' in the subject line. The winner will be drawn on April 20 and notified by phone.

Performance tells tale of love, humour and tragedy



ACTORS PUT THEMSELVES through their paces as *La Boheme* is ready to be unleashed on theatre audiences.

THE timeless love story couple with Puccini's brilliant music makes *La Boheme* one of the quintessential romantic operas.

Able to be set in any time, *La Boheme* is a story that has significance as much today as when it was first written and performed.

The opera tells the story of a group of bohemians. They are idealistic, penniless, but are determined to enjoy the festive season.

Tribulations, celebrations and the troubled triangle of Musetta, Marcello and Alcindoro provide a counterpoint to the genuine and profound love between Rodolfo and Mimì.

Love's greatest enemy, misunderstanding, threatens to sabotage their union. Ultimately their destiny, as

everyone knows, is a tragic one.

La Boheme is now one of the most widely performed operas of all time, however it was only moderately successful when first released.

Choreographer and director Nick Carroll said he always aims to entertain, and with its blend of humour, romance and tragedy, *La Boheme* is fertile material for a complete theatrical experience.

GIVEAWAY

The Star currently has a double pass for one lucky reader to give away to the April 15 show. To enter, simply email your details to news@gattonstar.com.au with 'Theatre Giveaway' in the subject line.

Winners will be drawn at 5pm today, Wednesday 14, and notified by phone.

Wholesale prices direct to the public

MEGA MEATS



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TASTY BBQ PORK CHOPS \$4.99 KG	HOMEMADE BBQ SAUSAGES 2 KG FOR \$7	FRESH ROASTING PORK \$3.99 KG	QUICK AND EASY CHICKEN MINI ROASTS 6 FOR \$12 Italian or Tandoori	LEAN DICED BRAISING STEAK \$8.99 KG
LARGE NEW ZEALAND ROCK OYSTERS \$10.99 DOZ	IMPORTED LARGE PRAWNS \$12.99 KG 5KG BOX \$60	FRESH DAILY CHICKEN BREAST FILLETS \$6.99 KG	IMPORTED BASA FILLETS \$5.99 KG Great Tasting fish the kids will love	DELICIOUS SMOKED COD \$12.99 KG
PET MINCE 3KG BAGS \$1.00 KG	MARROW BONES \$1.50 EA	DOG BONES \$1.00 A BAG	BOX CHICKEN WINGS \$24.00	TURKEY WINGS, TAILS, DRUMSTICKS ALL \$2.99 KG
FRESH HEART & LIVER \$3.99 KG	12KG CHICKEN CASSEROLE CUTS \$28	BUCKETS OF BEEF \$23 EA		

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SPECIALS AVAILABLE FROM WEDNESDAY 14TH APRIL - 20TH APRIL

In store limits may apply on some specials

Monday - Friday 5am to 6pm
Saturday, Sunday & Public Holidays 4am to 4pm
ATM available in-store | Eftpos available