Supermarket savvy

According to dietitian and author of Portion Perfection - A visual weight control plan, Amanda Clark, saving money at the supermarket checkout and keeping your diet under control go hand in hand.

"It's easy to be tempted by all the extra foods you don't need to buy," Ms Clark said.

"These extra foods can add hundreds of unwanted calories to your daily intake, contributing towards weight gain and adding a hefty amount to your shopping bill."

Stick to the outside perimeters of the supermarket – that's where you find the basic foods like fruit and vegetables, dairy products and meat. Processed foods always cost more.

Skip the aisles with lollies, biscuits and soft drinks – these are luxury calories, calories you don't need. But you can have something little if you really want it and you budget for it. If it's not in your calorie or financial budget don't risk looking.

Supermarkets know the eye level and reach level for our children – either standing or in the trolley. So keep children busy by giving them their own little shopping list, from the healthy food aisles.