



Turning new leaf on losing weight

BY PATRICK WILLIAMS

NEW food portion book written by a Coolangatta dietitian is set to help trim the fat in all the right places.

Author Amanda Clark has recently completed her visual weight control book, *Portion Perfection*.

Pre-release copies of the book are already available in her Coolangatta clinic weeks before it goes on sale nationwide on October 1.

Mrs Clark said the book contains more than 400 photos designed to help readers make more informed decisions about how much is right to eat.

"Knowing your correct portion sizes for breakfast, snacks, lunch and dinner can keep you on track if you want to lose or maintain weight," Mrs Clark said.

The book has sections for both men and women and the conditions that suit each.

"It can be used by anyone over the age of five," she said.

According to Mrs Clark, almost

190,000 people in the southern Gold Coast/Tweed area are affected by obesity or other nutritional disorders.

"The book proves that it is possible to eat fish and chips occasionally without gaining weight, or to snack on chocolate now and then and still have a healthy diet," she said.

"When you know how much is right to eat, you can feel less guilty about eating higher calorie foods

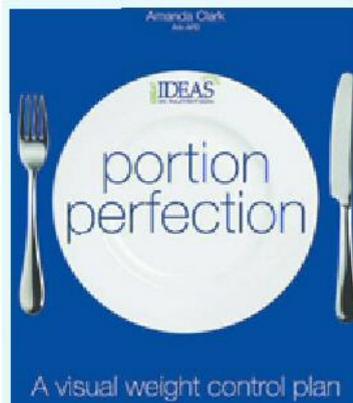
occasionally.

"You can also eat out regularly and still lose weight."

Mrs Clark has more than 20 years experience in dietetics.

"I would say portion control is a big part of the weight loss program."

■ *Portion Perfection* is now available from Great Ideas in Nutrition on Level 1, Showcase on the Beach for \$34.99.



COOLANGATTA dietitian Amanda Clark has launched a weight control book, entitled *Portion Perfection* (see inset) to help tackle obesity