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\$8.95



2018 AUSTRALIAN HEALTHY SNACK BIBLE

BONUS CEREAL GUIDE





Published by

GREAT
IDEAS
IN NUTRITION

Shop 6,
16-20 Stuart St,
TWEED HEADS
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www.greatideas.net.au

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ISBN: 978-0-9945534-1-6

Printed by Classic Offset, Singapore

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Design: Tweed Coast Graphic Design

This handy snack guide is an updated extract from Amanda Clark's *Portion Perfection – A Visual Weight Control Plan*.



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ABOUT THE AUTHOR

Amanda Clark is an Advanced Accredited Practising Dietitian (Adv APD) and a nutrition innovation award winner. Amanda has over 25 years experience and runs a busy Gold Coast based practice. Amanda and her team are available for Skype, telephone and in person consultations for weight management (including bariatric surgery), irritable bowel syndrome, pregnancy, fertility and Type 2 diabetes. Book via the website or check out the range of other useful nutrition resources.

www.greatideas.net.au

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for updates and healthy eating tips.

Portion Perfection – A word from the author



In my 25 years of practise as a dietitian, one of my major priorities has been to make dietary concepts simple and understandable for my clients. I developed the Portion Perfection concept for just that purpose.

Portion Perfection incorporates a full pictorial dietary plan, encompassing all the foods you may eat or drink for meals and snacks. It is in photographic form and is accompanied by our *4 Week Weight Loss Menu Plan* and portion plate and bowl along with our *Portion Perfection Snacker* and new *Free Vegetables* cookbook to make it easy. There's also a version for those who have undergone gastric banding, sleeve gastrectomy or gastric bypass surgery – *Portion Perfection for Bariatrics* (which is orange coloured) with an international edition also available. See pages 22 and 23 for a few additional tips for post bariatric surgery.

The original (purple) guide applies to men, women and children over the age of 5 and the feedback from over 30,000 users is that it couldn't be any simpler.

I have found that the Portion Perfection concept helps both overeaters and undereaters, as well as those just wishing to be healthier and eat more balanced meals. My aim has been to give some answers to all those who have lost perspective when it comes to the question of how much is right to eat?

I would also like to influence processed food manufacturers to take a look at the serving sizes that they offer the market. We are the customers, and if we let the market know that we want snacks in 100 Calorie /420 kJ serves, then that is what we will get – eventually.

Why not start the process at your local supermarket by purchasing the products and portion sizes shown in this book?



Why portion control?

Nutrition surveys over the past 20 years have proven that we are eating more food today than we used to. In fact, Australian intake surveys have found that children have had the greatest increase, eating over 200 Calories / 840kJ per day more than they did 20 years ago.

What has happened to portion sizes?

I believe that clever marketing and eating too much have left us dazed and confused about how much we actually need. First, the facts:

A meal for the average person ideally contains between 300-550 Calories (Cals) / 1260-2310 kJ and a snack contains 100-200 Cals / 420-840 kJ.

Think back about 20 years ago, if you can...

Can you remember when a take away coffee came in a 200 ml polystyrofoam cup? It would have been made on water, and even if you added full cream milk and sugar, it wouldn't be more than about 85 Cals / 357 kJ.

Over the last 15 or so years though, there's been a coffee revolution. Where 20 years ago it wasn't that common to get a take away – and many of us didn't even know what a latte was – now it's a different story. A regular milk-based coffee will contain 200 Cals / 840 kJ, but you can scale up to tall cups of 600 ml and up to 600 Cals / 2520 kJ, depending on the particular drink you've ordered.



Portion sizes of all sorts of packaged and plated meals have increased. Even our own dinner plates and recipe books persuade us to serve more. Much of this has gone unnoticed.

Just as we haven't noticed that our portion sizes have increased, there is good evidence that we wouldn't notice if they decreased again... what a painless way to cut energy intake!

The benefits of snacking for weight control

Most dieters report that the more diets they have been on, the harder it is to lose weight. When you think about it from an evolutionary point of view, it makes sense. Think of it this way: the more famines we live through, the more important it is for survival that our bodies become energy efficient – which means holding onto body fat as long as possible. This is a good reason to avoid cutting your energy intake too low without some expert advice.

It also makes sense to make the best use of your metabolism by dividing your food evenly over the day.

Eating 3 meals and 3 snacks per day avoids you becoming excessively hungry, which can result in poor food decisions. The 3 meals and 3 snacks approach also affects blood glucose and cholesterol levels positively, so can be beneficial whether or not you're aiming to lose weight.

There is clear evidence that the larger the serve size or package, the more we eat regardless of appetite. Buying packages in the right size for your needs really helps you to eat the right amount.

Everyday and Occasional Snacks

Snack choices have been split into everyday and occasional choices. The distinction between everyday and occasional snacks factors in the glycemic index (GI) of each food as well as its nutritional content. While foods in the everyday category are fine to eat every day for weight loss, the occasional foods may not provide enough nutritional value, may have a higher GI, higher levels of sugar, salt, or more saturated fat, and therefore do not contribute positively to a healthy balance on a restricted intake.

For weight loss or health problems including diabetes, choose an occasional meal or snack twice per week.

For weight maintenance in the absence of health problems, it is okay to eat a serve from the occasional foods once per day, but ensure that you vary the choice – don't eat the same less healthy food every day.

In this snack guide, we include Calories (Cals) as well as kilojoules (kJ), because numbers of Cals are smaller and rounder, which makes them easier to add and multiply.

1 Calorie = 4.2 kJ.

If you're not conversant in either, think Calories!



Snack guide for men and women

For weight loss	Choose 100 Cals / 420 kJ at each snack.
For weight maintenance	Choose 200 Cals / 840 kJ at each snack.
For weight gain	Choose 300 or more Cals / 1260 kJ at each snack.

The snack guide is divided into 100 Cal / 420 kJ and 200 Cal / 840 kJ options, so for example, for weight maintenance for morning tea, choose 2 from the 100 Cal section or 1 from the 200 Cal section.

We have used the following symbols based around an **e** for **everyday** and an **o** for **occasional** foods. The symbols also indicate the calorie content of the snack. For example the symbols shown here represent a 100 Calorie everyday snack, and a 200 Calorie occasional snack.



A note on children: Please note that weight loss in children can result in slowed growth. The best approach is to feed your child the correct amount for their age and allow them to grow into their weight. This ‘right’ amount to help children trim down is approximately 100 Cals per snack.

A dietitian can assist in situations where true weight loss is required and we recommend you consult an Accredited Practising Dietitian (APD) in your area. To find one, go to www.daa.asn.au and click on the “Find an Accredited Practising Dietitian” in the red bar.

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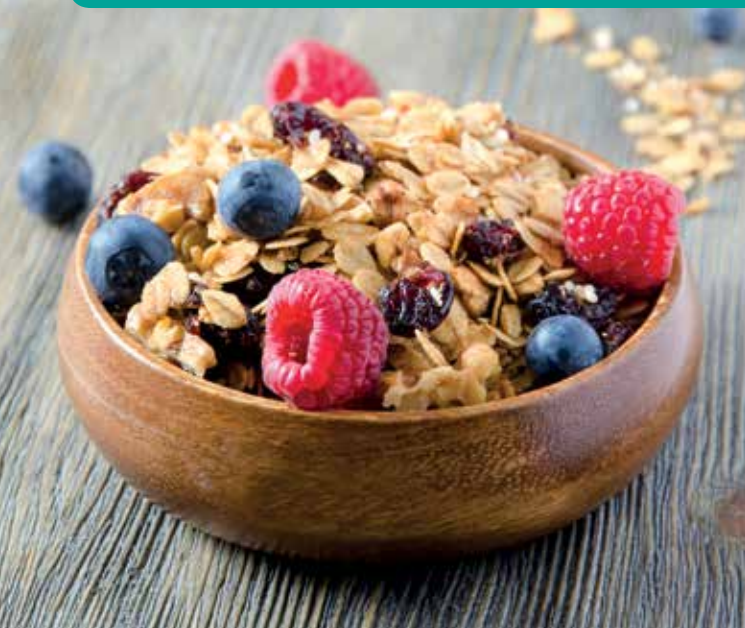
Further, the criteria for inclusion / determination of everyday or occasional foods have been set with reference to various sources of existing criteria and the author’s own professional judgment. Criteria may change based on current nutritional knowledge or research.

Calories shown may be approximations and rounded to the nearest 100 Calories for ease of calculations.

This book is intended to be used as a general reference. It is a general guide only and does not constitute advice on individual or particular circumstances, or a substitute for the advice of a health care professional on any specific health issue / condition. The author / publisher accepts no responsibility for any failure to seek or follow the advice of a health care professional and will not be liable for such failure.



BONUS CEREAL GUIDE



Bonus Cereal Guide

We've included this bonus cereal guide for two reasons:

1. This booklet then serves as a total annual update for the brand named products appearing in our bestselling book Portion Perfection so you can simply update annually at a low cost.
2. The cereal section serves as an introduction to the style of the remainder of the Portion Perfection book, so you can “try before you buy” if you're new to the concept.

For those new to the concept, the chart below indicates which colour guide would be generally recommended for you.

	Women and inactive teens	Men and active teens
To lose weight	1300 Cals / 5460 kJ ✓	1600 Cals / 6720 kJ ✓
To maintain weight	1800 Cals / 7560 kJ ✓	2200 Cals / 9240 kJ ✓

After choosing the appropriate colour guide, simply follow the portion guide for that colour in the chart below. For example, if you're following the pink guide, then your cereal breakfast recommendation would be a total of 300 Calories, and consist of 1 milk serve + 1 fruit serve + 1 cereal serve + 1 free serve. Choose your option for each category and note the serving size by that choice. Put it all in a bowl and Hey Presto! A perfectly portion controlled healthy breakfast.

Everyday Breakfast

Milk, Fruit and Cereal

Meal components

Cals / kJ	Milk (100 Cals / 420 kJ)	Fruit (50 Cals / 210 kJ)	Cereal (150 Cals / 630 kJ)	Free (optional) (<20 Cals / 85 kJ)
300 / 1260 ✓	1	1	1	1
400 / 1680 ✓✓	1	1.5	1.5	1
500 / 2100 ✓	1.5	1	2	1

We've chosen the most popular healthy cereals and assessed them against these criteria. Cereals that meet all 3 criteria are denoted with a red dot, and those meeting 2 out of 3 are denoted with a blue triangle.

Cereal Criteria – Per 150 Cal / 630 kJ serve:

1. Low GI **OR**
5 g or less of sugar if no/low fruit
10 g or less of sugar if it contains significant fruit.
(Significant fruit is considered to be 25% or more.)
2. 3 g or more of fibre
3. 1.5 g or less of saturated fat.

Everyday Breakfast

Milk, Fruit and Cereal

Meal components

Cals / kJ	Milk (100 Cals / 420 kJ)	Fruit (50 Cals / 210 kJ)	Cereal (150 Cals / 630 kJ)	Free (optional) (<20 Cals / 85kJ)
300 / 1260 ✓	1	1	1	1
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500 / 2100 ✓	1.5	1	2	1

Cereal Criteria - Per 150 Cal / 630 kJ serve:

1. Low GI OR

5 g or less of sugar if no/low fruit

10 g or less of sugar if it contains significant fruit*

2. 3 g or more of fibre

3. 1.5 g or less of saturated fat

Cereals that meet all 3 criteria are denoted with a red dot, and those meeting 2 out of 3 are denoted with a blue triangle. 3 out of 3 is a perfect choice, 2 out of 3 is next best.

* Significant fruit is considered to be 25% or more.

Milk (100 Cals / 420 kJ)



Full cream milk, 150 ml



Lite milk, 200 ml



Skim milk, 220 ml



Low fat yoghurt, plain, ¾ cup or flavoured, ½ cup

Fruit (50 Cals / 210 kJ)



½ cup fruit salad



½ medium banana



3 apricots



1 nectarine



½ mango

TIP

If constipation is a problem, consider replacing 1 fruit serve with an additional 2 serves of "free" fibre.



Everyday Breakfast

Milk, Fruit and Cereal *continued*

¼ cup (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria

▼ Meets 2 out of 3 criteria



- Brookfarm Macadamia Muesli, Gluten Free, Cranberry



- Carman's Crunchy Clusters, most flavours



- Dorset Cereals, Really Nutty Muesli



- Food for Health, Liver Cleansing Muesli



- Vogel's Premium Oven Crisp Muesli



- ▼ Carman's Fruit Free Muesli



- ▼ Freedom Foods Muesli, Gluten Free



- ▼ Freedom Barley+ Muesli



- ▼ Sunsol 10+ Muesli, all flavours



- ▼ Seven Sundays Muesli, all varieties

Continued over ►

Everyday Breakfast

Milk, Fruit and Cereal *continued*



½ cup (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria

▼ Meets 2 out of 3 criteria



● Be Natural Cashew, Almond, Hazelnut & Coconut



● Freedom Foods Ancient Grains Muesli



● Arnold's Farm Clusters, all flavours



● Morning Sun 97% Fat Free Muesli



● Uncle Tobys Traditional Oats, dry volume



▼ Coles Clusters, all flavours



▼ Coles Right Start Fruit & Fibre



▼ Five:am Organic Granola, all flavours



▼ Freedom Foods Crafted Blends Clusters, all flavours



Everyday Breakfast

Milk, Fruit and Cereal *continued*

½ cup (150 Cals / 630 kJ) *continued*

● Meets 3 out of 3 criteria

▼ Meets 2 out of 3 criteria



▼ Goldenvale Muesli Clusters



▼ I Quit Sugar Gluten Free Granola



▼ Kellogg's Sultana Bran with Oat Clusters



▼ Milo Protein Clusters



▼ Sanitarium Weet-Bix Bites, most flavours, 17 pieces



▼ Uncle Tobys Oat Crisp, all flavours

Continued over ►

Everyday Breakfast

Milk, Fruit and Cereal *continued***¾ cup (150 Cals / 630 kJ)**

● Meets 3 out of 3 criteria

▼ Meets 2 out of 3 criteria



● Be Natural, Pink Lady Apple & Flame Raisin



● Freedom Foods, Active Balance



● Kellogg's Guardian



● Kellogg's Special K, Fruit & Nut



● Kellogg's Sultana Bran



● Uncle Tobys Low Sugar Cheerios



● Woolworths Reduced Sugar Multigrain Cereal



▼ Coles Bran Flakes with Sultanas



▼ Freedom Foods Gluten Free Rice Flakes



Everyday Breakfast

Milk, Fruit and Cereal *continued*

¾ cup (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria

▼ Meets 2 out of 3 criteria



▼ Freedom Foods
Maple Crunch



▼ Kez's Kitchen FREE



▼ Kellogg's All-Bran,
Original or Honey Almond



▼ Kellogg's
Just Right



▼ Kellogg's Special K,
Nourish, all flavours



▼ Nestlé Milo
Wholegrain Cereal



▼ Uncle Tobys Plus,
cluster varieties



▼ Uncle Tobys Healthwise for
Heart Wellbeing



▼ Weight Watchers,
Fruit & Fibre, Tropical

Continued over ►

Everyday Breakfast

Milk, Fruit and Cereal *continued*



1 cup (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria ▼ Meets 2 out of 3 criteria



● Be Natural
5 Wholegrain Flakes



● Freedom Foods,
Rice Puffs



● Uncle Tobys
Bran Plus



▼ Kellogg's
Sultana Bran Buds



▼ Kellogg's Special K,
Original & High Fibre



▼ Uncle Tobys Plus
Cereal, most varieties

2 biscuits (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria ▼ Meets 2 out of 3 criteria



● Sanitarium
Weet-Bix Hi-Bran



● Sanitarium
Weet-Bix Multi-Grain



● Sanitarium Weet-Bix
Cholesterol Lowering



● Uncle Tobys
Oat Brits



● Uncle Tobys
Shredded Wheat



Everyday Breakfast

Milk, Fruit and Cereal *continued*

3 biscuits (150 Cals / 630 kJ)



- Sanitarium Weet-Bix, original, gluten free, organic or kids



- Golden Vale Wheat Biscuits



- Uncle Tobys VitaBrits

1 sachet (150 Cals / 630 kJ)

● Meets 3 out of 3 criteria ▼ Meets 2 out of 3 criteria



- Dorset Cereals, Oat & Barley Porridge



- Uncle Tobys Natures Mix



- Carman's Porridge Sachets, most flavours



- ▼ O & G Chunky Oatmeal

Free foods (< 20 Cals / 85 kJ)



- Woolworths Oat Bran, 1 Tbsp, 5 g, 1 g fibre



- Macro Organic Gentle Fibre, 1 Tbsp, 8 g, 5 g fibre



- Bonvit Psyllium Husks, 1 Tbsp, 5 g, 4.8 g fibre



- Coles Stabilised Wheat Germ, 1 Tbsp, 6 g, 2 g fibre



- 247 Berry & Seed Topper, 2 tsp, 5 g, 1.4 g fibre



- Nature First Fibre Booster, Fibre Cleanse, 1 Tbsp, 8 g, 3.5 g fibre



- Melrose Organic Golden Flaxmeal, 2 tsp, 5 g, 1.6 g fibre

Top 10 Snacking Tips from Amanda

- 1. Plan ahead** – Take convenient snacks with you for when you're out and about and fill the pantry with healthy ingredients for home made options on weekends. Mandarins and bananas are easy-peel ideas that don't require washing. Packaged nuts keep well in the car, and cheese sticks are handy for work.
- 2. Be Portion Savvy** – learn how much is right for you. Remember snacks of 100 Cals (420 kJ) for weight loss, 200 Cals (840 kJ) for weight maintenance and 300+ Cals (1260+ kJ) for weight gain. Buy products in easily portioned servings – use this handy guide to get to know the options in your supermarket.
- 3. Choose healthy** – look for products that have two of the following attributes: low saturated fat, low sugar, high protein, wholegrain, high fibre, low salt, high calcium or low GI.
- 4. Go Natural** – Make your own snack foods or choose packaged foods where you recognise the ingredients. Cut up veg sticks and pack a small container of hummus, spread peanut butter on vita weats, or make your own fruit and nut mix with all your favourites.
- 5. Be Prompt** – Don't wait for the munchies to hit – get in first and satisfy the growing hunger before it is out of control. Plan to eat about every 2.5 hours in the day – that's breakfast, morning tea, lunch, afternoon tea, dinner and supper.

- 6. Pay attention** – Although snacks are small, don't swallow without thinking. Appreciate all the attributes of your snack choice. Notice the way it looks, its aroma, and the variety of ingredients before putting anything in your mouth. Then, with every mouthful, notice the texture, the temperature and all the flavours – it will be more satisfying.
- 7. Be a good role model** – influence your friends and family with your healthy snacking. Put a bowl of apples on your desk instead of a lollyjar.
- 8. Teach your children** – give your teens guidance for warming winter after school snack choices such as soup, pasta with sauce, toasted sandwiches, pizza muffins, Weet Bix with warm milk, porridge or banana custard. In summer introduce frozen juice tetrapaks, milkshakes, smoothies, yoghurt and fresh fruit, fruit and cheese platters, crackers with spread, banana splits and vege sticks with dips.
- 9. Count Drinks** – most energy containing drinks contain around 100 Cals (420 kJ) per 200 ml. If you're aiming to lose weight – choose water. Review your drinking vessels. Use large glasses for water and small glasses for milk, juices or occasional sugary drinks.
- 10. Surround yourself with good choices,** keep the occasional foods out of sight and out of mind. There's good evidence that when chocolates are visible or within reach we'll eat more than when they're hidden. Try keeping problem foods out of the house – only buy the amount you intend to eat when you plan to eat it.

Have you had weight loss surgery?

The Portion Perfection Bariatric Plate was specifically designed for those who have undergone adjustable gastric band surgery, sleeve gastrectomy or gastric bypass.

The book *Portion Perfection for Bariatrics - Seeing is Understanding*, acts as a companion to the Portion Perfection Bariatric Plate and Bowl.

Portion Perfection for Bariatrics includes photographs of the ideal portion size for gastric band, sleeve and bypass owners during the weight loss phase. It provides you with the tools and information you need to eat healthy, controlled portions. The *4 Week Weight Loss Menu Plan* contains specific bariatric menu plans.



Portion Perfection for Bariatrics tools from \$9.95.

Snacks Post Surgery

Snacks help control appetite at meal times, keep metabolism ticking over and are a vital source of additional nutrients after bariatric surgery.

With the aid of surgery, it is possible and valuable to maintain a total day's calorie intake around 900 Cals / 3780 kJ. When on such a limited intake for an extended period of time, I recommend choosing snacks from a more targeted 'vital snack' list. Vital snacks include fruit, vegetable, dairy and nut snacks as these contain critical nutrients for those on a very low Calorie intake. If you are in the weight loss phase, stick with these choices, found on pages 26-39, as they will provide optimum nutrition when intake is tightly limited.

Enjoy choices from the remaining categories of the everyday 100 Calorie foods on pages 40-51 twice per week. When you reach weight maintenance, if your weight doesn't naturally stabilise, you will be able to increase your Calorie intake and include more of these snacks.

A range of bariatric-specific multivitamins, are available on our website www.greatideas.net.au.

Subscribe to the free podcast **Beyond Bariatric Surgery** – everything you need to move on. See www.beyondbariatricsurgery.com for details. Join our facebook group at www.facebook.com/bariatricsurgeryeating.





SNACKS

*Snacks are best planned for –
make them healthy most of the time.*

* All snacks selected for the 100 Cal / 420 kJ section contain 60–130 Cals / 252-546 kJ and snacks considered for the 200 Cal / 840 kJ section contain 160–230 Cals / 672-966 kJ.



everyday SNACKS everyday SN

FRUIT

Fruit is a perfect portion controlled snack.

A serve is typically 2 small fruits the size of kiwi fruit or 1 larger fruit such as a small mango or medium banana.



Apple,
1 large, 216 g



Banana,
1 medium, 170 g



Dried apricots,
10 x 3.5 g



Fruit Salad
1 cup



Kiwifruit
2 large, 2 x 100 g



Mandarins
2 large, 2 x 100 g

FRUIT



Mango
1 small, 200 g



Nectarines
2 medium, 2 x 100 g



Pear
1 large, 200 g



Strawberries
2 punnets, 2 x 250 g



Various brands,
Fruit juice, 200-250 ml



SPC Fruit Crush-ups,
most flavours,
1 x 90 g sachet



SPC Apple Puree,
1 x 120 g tub



Goulburn Valley Fruit in
juice or coconut water,
1 x 140-170 g



Gobble, organic dried fruit,
all varieties,
1 x 35 g box

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VEGETABLES & DIP

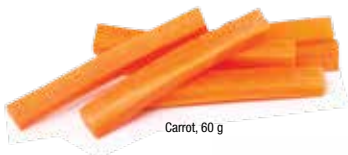
Choose one vegetable serve and 1 dip portion.



Cherry tomatoes, 7



Cucumber, 150 g



Carrot, 60 g



Celery, 120 g



1 Tbsp oily dip



$\frac{1}{4}$ cup
salsa or tzatziki

VEGETABLES & DIP

Snow peas, 200 g, 1.5 cups



2 Tbsp
creamy dip
or hommus



Mushrooms, 80 g



Fresh peas, 50 g



Capsicum, 80 g

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NUTS

Nuts and seeds are a natural and healthy snack. Choose raw and unsalted nuts as the ultimate healthy snack.



Almonds
14, 20 g



Brazil Nuts,
4, 20 g



Cashews
14, 20 g



Hazelnuts
20, 15 g



Macadamias
6, 20 g



Mixed Fruit & Nuts
20 g

NUTS



Mixed nuts
18 g



Peanuts
36 halves, 18 g



Pecans
5, 20 g



Pepitas
2 Tbsp, 20 g



Pinenuts
2 Tbsp, 18 g



Pistachios
25, 20 g shelled



Sunflower seeds
1.5 Tbsp, 18 g



Walnuts
6, 20 g



The Happy Snack Company,
all varieties,
1 x 15-25 g snack pack

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DAIRY

Dairy snacks are a great idea for between meals because the protein keeps you feeling satisfied.

Everyday criteria for milk, yoghurts + desserts per 100 Cal / 420 kJ pack:

1. 3 g or less of fat
2. Low GI or 20 g or less of sugar (most dairy foods are low GI)



Danone Activia,
all flavours,
1 x 125 g tub



Yoplait Petit Miam Squeezie,
all flavours,
1 x 70 g pouch



Pauls All Natural 98%
Fat Free Plain Yoghurt,
1 x 200 g tub



Yoplait Petit Miam,
all flavours,
1 x 100 g tub or pouch



Yoplait Formé no fat
yoghurt, all flavours,
1 x 175 g tub



Chobani
No Fat Yoghurt, plain,
1 x 170 g tub

DAIRY



Chobani yoghurt,
all flavours,
1 x 140 g pouch



Nestlé, Soleil,
No Fat,
2 x 150 g tubs



Ski D'Lite Yoghurt,
all flavours,
1 x 100 g tub



Pauls Spaceboy Yoghurt,
all flavours,
1 x 90 g tub



Calciyum Yoghurt,
all flavours,
1 x 95 g tub



Calciyum Kids Yoghurt,
most flavours,
1 x 70-120 g pouch



Pauls Milky Max Yoghurt,
1 x 70 g pouch



Yoplait Low Fat,
all flavours,
1 x 100 g tub



Parmalat Vaalia Yoghurt,
all flavours,
1 x 100 g tub

everyday SNACKS everyday SN

DAIRY

Most low fat dairy snacks are low GI despite added sugar.

Everyday criteria for cheeses per 100 Cal / 420 kJ serve:

1. 6 g or less of fat



Rokeby Farms Whole Protein Quark Yoghurt, most flavours, 1 x 170 g tub



Tamar Valley Greek Style Yoghurt, No Added Sugar, Low Fat, all flavours, 1 x 125 g tub



Chobani Oats, most flavours, 1 x 140 g pouch



Yogo Choc Rock, 1 x 100 g tub



Pauls Milky Max Custard, all flavours, 1 x 70 g pouch



Nestlé Soleil Chocolate Mousse, 1 x 62 g tub

DAIRY



Dairy Farmers Fresh Milk,
all flavours,
1 x 150 ml bottle



Vaalia My First Yoghurt,
all flavours,
1 x 90 g tub



Yakult Lite
Drinking Yoghurt,
2 x 65 ml bottles



Lite, skim, soy, almond
or oat milk
200 ml



Skim milk 200ml
+ 1 hpd tsp Milo



Skinny Cappuccino
or Latte, 200 ml



Vitaweats (original),
2 + Bega Country Light
Cheese, 1 slice



Dairylea Cheese Pods,
1 x 20 g pod



Mainland Cheese &
Crackers On The Go, Light
Tasty, 1 x 30 g mini pack



Apple Spice Lassi

Taste the fresh air and green fields in this refreshing drink.

INGREDIENTS:

- ½ cup coconut water
- 2 tsp apple cider vinegar
- ½ tsp vanilla essence
- ¼ cup reduced fat Greek plain yoghurt
- ¼ tsp cinnamon
- ½ apple, with or without peel

METHOD:

1. Add all ingredients to a bullet or blender and whiz until smooth.

Serves 1

Nutritional Information per serve:

Energy	105 Cals / 439 kJ	Carbohydrate	16 g
Protein	5 g	Sugars	16 g
Fat	2 g	Fibre	3 g
Saturated Fat	1 g	Sodium	79 mg



Photography: Jennifer Embelton

HIGHER PROTEIN CHOICES

A higher protein choice at morning tea is a great idea for your morning snack. While any time of day is great, evidence suggests that protein is best distributed evenly

throughout the day, and a higher protein morning snack can balance the amount consumed at breakfast with the larger intake that typically occurs in the evening.



Kellogg's Special K Protein Bliss Bites, all flavours, 1 x 27 g bite, Protein = 7 g



Chicken wrapped in lettuce, 60 g, Protein = 16 g



Boiled egg, 1 extra large, Protein = 6 g



Raspberries, 6 with cottage cheese, 1/3 cup, Protein = 11 g



Tuna, 100 g, Protein = 12 g



The Happy Snack Company Roasted Fav-va Beans, Protein = 6 g

HIGHER PROTEIN CHOICES



Chobani Yoghurt with Steel Cut Oats, most flavours, Protein = 10 g



Mainland Cheese & Crackers On The Go, Light Tasty, 1 x 30 g mini pack, Protein = 7 g



Baked Beans, 130 g, Protein = 6 g



Celery sticks, with crunchy nut butter, 3 tsp, Protein = 5 g



Bega So Light Tasty Cheese (no cracker), 2 x 21 g slices topped with tomato & cucumber, Protein = 14 g



Chief, Lamb Bar, 1 x 40 g bar, Protein = 15 g



Glass of lite milk or soy milk, 200 ml, Protein = 8 g



Chobani Greek yoghurt, plain with Uncle Tobys O & G Cereal + frozen raspberries, 100 g, Protein = 7 g



Jeeerks Beef Jerky, 50 g Protein = 20 g

everyday SNACKS everyday SN

BARS ● These bars meet all 4 criteria.

Everyday Bar Criteria:

Approx 100 Cals / 420 kJ per serve and 3 out of 4 of the following criteria:

1. 1 g or more of fibre
2. Low GI or 5 g or less of sugar if no/little fruit or 15 g or less sugar

with significant fruit.*

3. 3.5 g or less fat if no nuts or 7.5 g or less fat with nuts.
4. 1g or less saturated fat.

*Significant fruit is considered to be 25% or more.



- Mother Earth Vege Fruit Sticks, all flavours, 1 x 19 g bar



- Kez's Free & Naked Bars, Sticky Date, 1 x 25 g bar



- Enjoy Life Baked Chewy Bars, sunflower, 1 x 28 g bar



- Sun Valley True Fruit, all flavours, 1 x 20 g bar



- Uncle Tobys Chewy Apricot, 1 x 23 g bar



- Weight Watchers Baked Bars, Apple Crumble, 1 x 35-40 g bar

BARS



● Mighty Bellies, AriBar, all flavours, 1 x 22 g bar



● Freedom Barley + Seven Seeds Bar, 1 x 35 g bar



● Be Natural Nut Butter Bars, Berry Bliss 1 x 27 g



● Woolworths Chewy Muesli Bar, Choc Drizzle, 1 x 30 g bar



● Mother Earth Fruit Sticks, all flavours, 1 x 19 g stick



● Freedom Foods Crafted Blends Bar, most flavours, 1 x 28 g bar



● Freedom Foods Crunch Bar, all flavours, 1 x 24 g bar



● Uncle Toby's Aussie Faves, chewy lamington, 1 x 31 g bar



● Nice & Natural Superfruits, all flavours 1 x 30 g bar



Chia Pudding

A simple little overnight soak and you have fresh Chia Pudding.

INGREDIENTS:

- 1 Tbsp chia seeds, dried
- 50ml almond milk
- 50ml coconut water
- ¼ tsp honey
- 2 drops vanilla essence
- 4 medium raspberries

METHOD:

1. Mix the seeds, almond milk, coconut water, honey and vanilla essence in a small bowl or cup.
2. Allow to set in fridge overnight.
3. Garnish with fruit and enjoy.

.....

Serves 1

Nutritional Information per serve:

Energy	97 Cals / 405 kJ	Carbohydrate	8 g
Protein	3 g	Sugars	7 g
Fat	6 g	Fibre	6 g
Saturated Fat	1 g	Sodium	44 mg



Photography: Jennifer Embelton

everyday SNACKS everyday SN

BARS ▼ These bars meet 3 out of 4 criteria.

Bars can be a very handy and healthy snack food if you shop wisely. Here, all the hard work has been done for you so you can choose the best.



▼ Kez's Free & Naked Bars, lamington, 1 x 25 g bar



▼ Uncle Toby's Chewy, Forest Fruits, 1 x 23 g bar



▼ Sun Health Foods No Added Sugar Slice, Yoghurt, Apricot & Almond, 1 x 32 g bar



▼ Uncle Tobys Farmers Pick Bars, most flavours, 1 x 32 g bar



▼ Well Naturally, Protein Mini Bars, all flavours, 1 x 25 g bar



▼ Leda Baked Fruit Filled Bars, all flavours, 1 x 38 g bar

BARS



▼ Freedom Foods
Nut Free Ancient Grains
Muesli Bars, 1 x 32 g bar



▼ Wallaby Superfoodie,
Apple-Raspberry &
Blueberry-Lemon, 1 x 48 g bar



▼ Smart Living Nutrition
Love Me Low Carb Bars,
1 x 30 g bar



▼ Coles Chewy Bars,
Apricot & Coconut or
Forest Fruits, 1 x 31 g bar



▼ My Yummy Lunchbox
Superbars, all flavours,
1 x 25 g bar



▼ Freedom Barley+ Wild
Berry or Pink Lady Bars,
1 x 35 g bar



▼ Get Farmed Fruit and
Seed or Nut Muesli Bars,
1 x 30 g bar



▼ Special Freedom
Barley+ Bars, all flavours,
1 x 35 g



▼ Wallaby Super Bar,
Mango, 1 x 40 g bar

BISCUITS AND CRACKERS

Most biscuits and crackers are high GI. But those with wholegrains or fruit tend to be lower. Try low fat dips with healthy crackers.

Everyday biscuit criteria per 100 Cal / 420 kJ serve:

1. 3 g or less of saturated fat

2. 200 mg or less of sodium

3. Low GI, 10% wholegrains, or 25% or more of fruit

Biscuits should meet all criteria. Some products in this category do not declare data relevant to criteria 3, some professional judgments have been made.



Ryvita Crunch, all varieties,
2 crispbread +
2 tsp low fat dip



Mary's Gone Crackers,
all flavours, 8 crackers



Arnott's Snack Right Biscuits,
2 x fruit pillows or
3 x sultana fruit slices



Naturally Good Munchy
Muesli Cookies, all flavours,
1 x 20 g mini pack



Carman's Super Seed &
Grain Crackers, 5 crackers



Fantastic Thinner Bite Black
Rice Crackers, 9 crackers
+ ¼ cup cottage cheese

BISCUITS AND CRACKERS



Sunbites Snack Crackers,
all flavours,
1 x 24 g mini pack



Arnott's Entertainers
Crackers, crispy oat,
12 crackers



Tuckers Snack Bites
and Dippers, all flavours,
25-35 g



Vita-Weat, all flavours,
4 traditional or 1 lunch sized
+ 2 tsp low fat dip



Abe's Bagel Bakery Bagel
Bites, 1 x 15 g mini pack



Olina's Artisan Crackers,
all flavours, 5 biscuits, 30 g



McVities Go Ahead
Crispy Slices, Sultana and
Forest Fruits, 2 biscuits



Orgran Supergrains
Crispbread, 2 pieces
+ 4 tsp low fat dip



Sakata Wholegrain
Rice Crackers,
13 crackers

MISCELLANEOUS

These foods have been chosen for their proximity to 100 Cals (420 kJ) per serve and contain valuable real food ingredients or are Low GI. For more information on GI,

purchase the low GI shoppers guide from www.greatideas.net.au. Strict criteria are not applied due to the variability of the food type.



Nescafe Cappuccino,
all flavours,
1 x 15 g sachet



Gloria Jean's large skinny
cappuccino, 350 ml



Soup in a Cup, various
brands, some flavours,
1 sachet



La Zuppa Soup,
Pumpkin or Chicken Noodle,
1 x 420 g bowl



Go Natural Twisters
or Ripems,
2 x 18 g mini packs



Olives, 10

MISCELLANEOUS



Bounce Bites, all flavours,
2 x 10g bites



Popcorn,
various movie complexes,
1.5 cups



Cool Pak Popped Corn,
original,
1 x 20 g mini pack



Vegetable Juice,
300 ml



Fruit Cake,
1 x 35 g slice



Wallaby Bites, all flavours,
1 x 15 g piece



1 Slice of Toast with
Tomato and Herbs



1 Slice of Raisin Toast
with a Scrape of Jam



Sanitarium Weet-Bix Bites,
Crunchy Honey,
10 pieces

FROZEN DESSERTS

Frozen dairy desserts are a great supper treat. Enjoy the ideal portion size up to an hour before bed.



Starbucks Frappuccino,
Coffee flavour
no cream, 355 ml



Bulla Frozen Yoghurt
Sticks, all flavours,
1 x 59 g stick



Peters Proud and Punch,
all flavours,
1 x 450ml stick



Bulla Greek Yoghurt Sticks,
Blueberry, 1 x 34 g stick



Skinny Cow Ice Cream
Cookies, all flavours,
1 x 60 g cookie



Coles Mango
mini sorbet sticks,
1 x 55 g stick

FROZEN DESSERTS



Weiss Frozen Yoghurt and Fruit, most flavours,
1 x 50 g bar



Streets Paddle Pop, banana or chocolate,
1 x 53-54 g stick



Peters Light & Creamy,
1 x 100 ml slice



Smooze Fruit Ice, most flavours,
1 x 65 ml block



Skinny Cow Cups, Vanilla-Caramel & Double Choc, 1 x 91 g cup



Light ice cream, various brands,
1 x 100 ml scoop



Wendy's Chocollo, only fat free,
1 x 80 g junior scoop



New Zealand Natural Cool Bananas D'Lite ice cream, 1 x 65 g kids cup

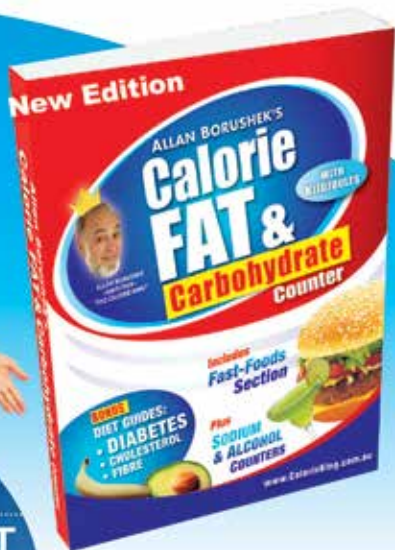
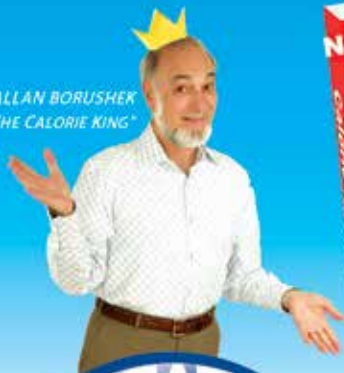


Home Ice Cream, Chocolate Milk Bar,
1 x 52 g stick

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OCCASIONAL FOODS

Not as healthy, but perfectly portioned.



occasional SNACKS occasional SN

DAIRY

Occasional dairy products contain valuable nutrients including protein and calcium, but with a little more fat or sugar.



Vaalia Kids Yoghurt,
most flavours,
1 x 140 g pouch



Bega Stringers,
all varieties,
2 x 20 g



Laughing Cow
Cheez Dippers,
1 x 35 g pack



Bega Sticks,
all flavours,
1 x 20 g stick



Coles Tasty Cheese
and Crackers,
1 x 30 g minipack



Tamar Valley Greek Style
Yoghurt, no sugar, all
flavours, 1 x 170 g tub

DAIRY



Peter's Fandangles,
most flavours,
1 x 45 g stick



Yakult,
2 x 65 ml bottles



Coles Choc Snack
Dairy Dessert,
1 x 100 g tub



Mainland On The Go
Cheese & Crackers, Tasty,
1 x 30 g mini pack



Weis, Fruito or Fruit and
Cream Bar, non-nut
flavours, 1 x 80 g bar



Bulla Splits,
all flavours, 1 x 64 g bar



Weis Minis,
2 x 40 g bars



Full Fat Milkshake,
1 x 200 ml glass



Nestlé
Chocolate Mousse,
1 x 62 g tub

BISCUITS & CRACKERS

Enjoy higher GI biscuits as an occasional treat and get to know the right portion size.



Arnott's Shapes,
1 x 25 g mini pack



Nabisco Premium,
original or 98% fat free,
1 x 26 g pack



Arnott's Tiny Teddies,
all flavours,
1 x 25 g mini pack



Nabisco Mini Oreo,
all flavours,
1 x 23 g mini pack



Uncle Tobys Le Snak,
all flavours,
1 x 22-36.6 g mini pack



Mainland Munchables,
Cheese & Biscuits,
1 x 30 g mini pack

BISCUITS & CRACKERS



Leda Dunkies,
1 x 22.5 g pack



Healthies Kids Care Potato Stix
or Rice Wheels, all flavours,
1 x 18-20 g mini pack



Arnott's Wagon Wheels,
1 x 24 g snack pack



Special K Biscuit Moments,
all flavours,
1 x 25 g mini pack



Arnott's Tim Tam
Chocolicious Bites, all
flavours, 1 x 17 g mini pack



Arnott's Minis,
chocolate chip cookies,
1 x 25 g mini pack



Table of Plenty,
Mini Rice Cakes, all flavours,
1 x 14 g snack pac



Sakata Mini Rice Crackers,
all flavours,
2 x 15 g mini packs



Peckish Rice Crackers,
all flavours,
1 x 20 g mini pack

CAKES & DESSERTS

The higher the fat content of the food, the smaller the 100 Calorie serve of dessert will become. Compare your favourites with the items shown to provide a portion guide.

Desserts are best kept until supper for ideal Calorie distribution.



Coles Mini Vanilla Slices (frozen),
2 x 27.5 g slices



Unibic Gingerbread Biscuit,
97% fat free,
1 x 35 g biscuit



Woolworths Bakehouse
Mini Iced Cupcakes,
1 x 20 g cake



Aeroplane Jelly Cup,
all flavours,
1 x 120 g cup



Springhill Farm Wholesome
or Finger Slices, most
flavours, 1 x 25-40 g slice



Mr Kipling Slices,
all flavours,
1 x 27.5 g slice



CAKES & DESSERTS



Apple Pie,
1 x 3-cm wedge



Sara Lee French Cream
Cheesecake,
1 x 3-cm wedge



Coles Meringue nest, 10 g
+ 50 g low fat yoghurt
+ ¼ cup berries



Tea Cake, Unbuttered,
1 small slice



Cadbury Cake Bars or
Mini Rolls, all flavours,
1 x 25-26 g bar or roll



Weight Watchers
Belgian Chocolate Brownie,
1 x 21 g serve



Coles,
Mini Sponge Rolls, jam,
1 x 42 g roll



Weight Watchers,
Chocolate mini rolls,
1 x 23 g roll



Nanna's
French Style Crêpes
1 x 50 g crêpe



Photography: Jennifer Embelton

Speedy Salmon Pikelet

When you're looking for a high protein, easy snack.

INGREDIENTS:

1 medium or 3 mini packaged pikelets
1 tsp extra light cream cheese
25g smoked salmon
Sprinkle chives

METHOD:

1. Spread pikelet(s) with cream cheese.
2. Top with salmon and chives

.....

Nutritional Information per serve:

Energy	102 Cals / 428 kJ	Carbohydrate	10 g
Protein	8 g	Sugars	4 g
Fat	4 g	Fibre	1 g
Saturated Fat	1 g	Sodium	442 mg

occasional SNACKS occasional SNACKS

BARS

Muesli and fruit bars are a really handy snack to take out with you. They don't require refrigeration, generally don't make a mess and they can be eaten without having to handle the food.



Carman's Oat Slice Bites, all flavours, 1 x 20 g bite



Kellogg's Nutri-grain Bar, 1 x 24 g bar



Kellogg's LCMs, all flavours, 1 x 22 g bar



Nutra Organics Super Foods For Kidz!, Berry Choc Chunk Bar, 1 x 30 g bar



Kellogg's Special K Chocolatey Bars, 1 x 21.5 g bar



Mother Earth Traditional Muesli Bars, all flavours, 1 x 31 g bar

BARS



Milo with Milk Bar,
1 x 27 g bar



Carman's Bliss Balls,
all flavours, 2 x 10 g balls



Weight Watchers Coconut
Delight, 1 x 21 g bar



Aussie Bodies Protein FX
Lo Carb Mini Bar,
1 x 30 g bar



Food for Health Fruit Free
Bars, 1 x 25 g bar



Kellogg's Split Stix,
all flavours,
1 x 23 g bar



Uncle Tobys Chewy
Muesli bars, most flavours,
1 x 31.3 g bar



Kellogg's K-Time
Baked Twists, all flavours,
1 x 37 g bar



Apricot blocks,
various brands,
3 x 10 g blocks

occasional SNACKS occasional SN

CHOCOLATES & LOLLIES

If you've been a big chocolate eater in the past, you can scale down your desire by taking it out of your diet for a while. If you choose to put it back, do so in manageable quantities.

Decide for yourself whether it can appear in your life in a healthy, occasional way.



Lindt Lindor Ball,
1 x 12 g ball



Kinder Surprise
or chocolate,
1 x 20-21 g egg or bar



Nestlé
Mint Pattie,
1 x 20 g



Natural Confectionary
Company Snakes,
3 snakes



Cadbury Freddo,
all flavours,
1 x 12-10 g chocolate



Mars fun size bar,
1 x 18 g

CHOCOLATES & LOLLIES



Life Savers Fruit Tingles,
1 x 34 g roll



Chupa Chups, all flavours,
2 x 12 g pops



Cadbury Furry Friends,
1 x 15 g chocolate



Chocolate, most brands,
dark, milk or white, approx.
1 x 20 g row



Darrell Lea Milk Chocolate
Licorice Log, 1 x 40 g log



Milky Way,
all flavours,
1 x 25 g bar



Ferrero, Nutella,
1 x 15 g portion pack



Cadbury
Chocolate Coated Peanuts,
10 nuts, 18 g



Allen's Minties,
4 x 7 g lollies

occasional SNACKS occasional SN

ALCOHOL AND MISCELLANEOUS

Alcohol has some health benefits that come along with it, but for some, one glass means more. Judge for yourself whether alcohol is a problem in your life and choose healthier options for yourself.



Ajitas Vege Chips,
1 x 21 g mini pack



Smiths Crinkle Cut
Potato Chips, all flavours,
1 x 19 g mini pack



Simply Wize
Corn Crunch,
1 x 30 g mini pack



Soft Drink,
various brands,
1 x 200 ml glass



Cordial,
various brands,
1 x 200 ml glass



Hans Oliving Twiggy Sticks,
3 x 13 g sticks

ALCOHOL AND MISCELLANEOUS



Patties Sausage Rolls,
1 x 38 g roll



Ingham Chicken
Breast Nuggets,
2 x 20 g nuggets



Vodka Cruiser,
most flavours,
1 x 275 ml bottle



Cascade
Premium Light,
1 x 375 ml stubbie



White Wine,
most brands, 150 ml
(1.5 std drinks)



Red Wine,
most brands, 150 ml
(1.5 std drinks)



Spirits,
most varieties,
45 ml (1.5 nips)



Port,
most brands,
1 x 60 ml liqueur glass



Champagne,
1 x 150 ml glass



200 CALORIE SNACKS

*Perfect for weight maintenance
for men, women and children.*



everyday SNACKS everyday SN

E200 MISCELLANEOUS

200 Calories is the correct amount for snacks for weight maintenance for most men, women and children.

This section displays serves containing 200 Calories, or you may also choose two serves from the 100 Calorie section.



Go Natural
Nut Delight Chopped,
1 x 35 g bar



Carman's Nut Bars,
almond or macadamia,
1 x 35 g bar



Sunbites Grain Waves,
all flavours,
1 x 40 g pack



The Bar Counter High
Protein Bar, most flavours,
1 x 40 g bar



Lucky Almond
Snack Box, all varieties,
1 x 30 g box



La Zuppa Soup,
Hearty Chicken & Vegetable,
1 x 420 g tub

E200 MISCELLANEOUS



Carman's Muesli Bars,
1 x 45 g bar



Lean Cuisine, Beef in Red
Wine Sauce, 1 x 300 g meal



1 Slice Wholegrain Toast
with 1.5 tsp Spread and
1.5 tsp Peanut Butter



John West Lunch Kit,
Tuna in Thousand Island
Dressing, 1 x 108 g pack



Mini Date Scone,
1 x 40 g with Jam,
1 hpd tsp (no spread)



English Muffin, ½ only,
with Melted Cheese,
1 x 20 g slice



Shelby's Healthy Hedonism
bars, all flavours,
1 x 40 g bar



Sachet of Instant Porridge
with 100 ml of Lite Milk



Boost Juice Low Fat
Smoothie, All Berry Bang,
1 x 350 ml kids size

everyday SNACKS everyday SN

E200 DAIRY

Look for yoghurts with beneficial bacteria such as *Lactobacillus acidophilus* or *bifidus* – they're great for keeping your digestive system in balance.



Norco Mighty Cool,
all flavours,
1 x 250 ml bottle



Vaalia Breakfast To Go,
all flavours,
1 x 150 g tub



Frûche,
all flavours,
1 x 150 g tub



Foster Clark's Custard
Snak Pack, all flavours,
1 x 140 g tub



Sanitarium Up & Go Liquid
Breakfast, all flavours,
1 x 250 ml pack



Chobani Low Fat Greek
Yoghurt, mango or passionfruit,
1 x 170 g tub

E200 DAIRY



YoPlait Le Rice, all flavours,
1 x 150 g tub



YoPlait Orchard Fruits,
Classic or Dark Berries,
1 x 175 g tub



Devondale 3D,
all flavours,
1 x 250 ml tetrapak



Vaalia Lactose Free,
strawberry or passionfruit,
1 x 175 g tub



Five:am Powerpak,
all flavours,
1 x 200 g pouch



Greek Plain,
No Fat, most brands,
1 cup



Greek Style Yoghurt,
most brands, ½ cup



Nestlé, Ski D'Lite,
all flavours,
2 x 150 g tubs



Pauls Custard
Snack Pack,
1 x 150 g tub



Vegemite Scrolls

If vegemite is a favourite of yours, then these gems provide a different presentation for your daily staple.

INGREDIENTS:

- 1/8 reduced fat puff pastry sheet
- 1/2 tsp Vegemite or other yeast spread
- 2 tsp pine nuts
- 10 g parmesan cheese

METHOD:

1. Preheat oven to 200°C
2. Cut 1/8 rectangle of puff pastry sheet
3. Slice the rectangle into two triangles, diagonally and place on lined baking tray
4. Spread vegemite on pastry and sprinkley with pine nuts and parmesan
5. Roll up each pastry triangle and sit upright.
6. Spray lightly with olive oil spray
7. Bake for 10 mins or until golden.

Serves 1

Nutritional Information per serve:

Energy	116 Cals / 487 kJ	Carbohydrate	3 g
Protein	5 g	Sugars	1 g
Fat	9 g	Fibre	1 g
Saturated Fat	3 g	Sodium	245 mg



Photography: Jennifer Embelton

O200 MISCELLANEOUS

Never fall into the trap of using food as a reward for yourself or others.

When you feel you need a “reward,” do something nice for yourself, like giving yourself permission to spend time reading,

relaxing, playing music, fishing, pampering or whatever suits you.

These things you will look back on and be pleased you gave to yourself “a real treat!”



Tasti Nut Bars,
all flavours,
1 x 35 g bar



Nice & Natural
Nut Bars, all flavours,
1 x 32 g bar



Cinnamon Donut,
1 x 50 g donut



Dairy Farmers
Thick & Creamy,
all flavours, 1 x 150 g tub



Five:am Organic Yoghurt,
all flavours,
1 x 170 g tub



Emma & Tom's Life Bar,
most flavours,
1 x 40 g bar

O200 MISCELLANEOUS



Mother Earth Baked Oaty Slices, most flavours,
1 x 40 g bar



Arnott's Wagon Wheels
Original, 1 x 48 g



Nestlé Aero,
all flavours,
1 x 40 g bar



Streets Magnum Mini,
most flavours,
1 x 48-59 g bar



Cadbury Freddo (large),
1 x 35 g



Tea Cake,
with average spread,
1 x 13 cm wide slice



Sara Lee
French Cream Cheesecake,
1 x 6 cm wedge



Apple Pie,
1 x 6 cm wedge



Pikelets,
with average spread,
3 x 7 cm

Portion Perfection Products



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– Melamine **\$9.95**



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		___ x items	
		___ x items	
		___ x items	
		___ x items	
		___ x items	

* Prices valid to December, 2018.

** Packs contain book, purse sized snack bible, plate and bowl.

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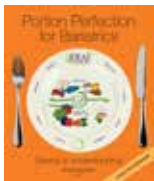
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		___ x items	
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Amanda, your *Bible* arrived on a hot day and saved me from purchasing the “wrong” ice cream. Thanks a heap!

Annette Parlato

Simply brilliant, Amanda, up-to-date & relevant to today's lifestyle, no more guess work!

Sharon Robinson

I'm loving the *Snack Bible*, thank you so much!

Robyn Hall

The *Snack Bible* is the best thing since sliced bread. What a great guide to the best snacks to eat!

Enza Novella

How fantastic is this latest addition to the main portion perfection book, the *Snack Bible*? I love it! Excellent work, Amanda, your blood is worth bottling.

Jan Railton

Thanks for the *Healthy Snack Bible*, it is very helpful, Amanda, as is the portion control bowl, plate and book. I am confident I am eating a healthy diet now!

Judith Hinshelwood

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