

Portion Perfection for Bariatrics

Seeing is understanding

"This is a painless recipe for sustained weight loss."

John B. Dixon – Obesity Research – Baker IDI Heart and Diabetes Institute, Melbourne

"I would recommend it to anyone who has had weight loss surgery."

Melanie McGrice, Health Kick Nutrition and Dietetics



The Portion Perfection Bariatric Kit

is an educational tool for use by practitioners that doubles as a practical tool for clients with a gastric bypass, sleeve gastrectomy or gastric band.

Compiled with input from fellow practitioners, this set is sure to meet the needs of bypass, sleeve and band owners.

The bariatric plate and bowl and the pictures in the books represents an ideal portion size for a correctly adjusted band or gastric sleeve without risk of misinterpretation.

The tools also serve as reminders to clients of the eating behaviours required for ideal meal tolerance and indicate the approximate aperture of the well adjusted band.

The Bariatric plate incorporates three dietetic messages:


1. Nutritional balance
2. Portion control
3. Specific eating behaviours that enhance tolerance.


What People Say about Portion Perfection for Bariatrics

"Thank you so much for your insight and motivation to produce the book, plate and bowl (for bariatrics). I attended my Dietitian at Mercy Hospital following my surgery 8 months ago as I felt I needed some further support. I saw your product in her office and as I am a 'visual' person, I really think seeing on my plate the amount I can eat will help me adjust to my new lifestyle. I continually dish the amount of food I would have normally served and try to consume it, but find I can't, and unfortunately my husband eats it for me and hence I am getting a 'fatter' husband, which is of no use at all!" **Anne**

"I'm really excited to get my bariatric kit. I had a look through and it is by far the best weight loss plan I have seen and I have seen them all. Tell Amanda she is amazing. If I had one of these when I was young I probably would not have ended up having surgery." **Gen**

 **07 5536 6400**

 www.PortionDiet.com **INTERNATIONAL**

 www.GreatIdeas.net.au **AUSTRALIA/NZ**



WHOLESALE PRICE LIST - PORTION PERFECTION BARIATRICS

PRODUCT		RETAIL PRICE	PRACTITIONER PRICE	LEVEL 1 DISCOUNT	LEVEL 2 DISCOUNT	LEVEL 3 DISCOUNT
PORTION PERFECTION FOR BARIATRICS BOOK		\$42.95	\$36.50	20 Books \$601.00 (\$30.05 ea)	60 Books \$1,752.00 (\$29.20 ea)	120 Books \$3,348.00 (\$27.90 ea)
4 WEEK WEIGHT LOSS MENU PLAN		\$42.95	\$36.50	20 Books \$601.00 (\$30.05 ea)	60 Books \$1,752.00 (\$29.20 ea)	120 Books \$3,348.00 (\$27.90 ea)
HEALTHY SNACK BIBLE		\$9.95	\$8.45	20 Books \$139.00 (\$6.95 ea)	60 Books \$405.00 (\$6.75 ea)	100 Books \$645.00 (\$6.45 ea)
FREE VEGETABLES COOKBOOK		\$11.95	\$10.15	20 Books \$167.00 (\$8.35 ea)	60 Books \$489.00 (\$8.15 ea)	100 Books \$775.00 (\$7.75 ea)
BARIATRIC PLATE	Porcelain	\$27.95	\$23.75	20 Plates \$391.00 (\$19.55 ea)	60 Plates \$1,140.00 (\$19.00 ea)	120 Plates \$2,178.00 (\$18.15 ea)
	Melamine	\$19.95	\$16.95	20 Plates \$279.00 (\$13.95 ea)	60 Plates \$813.00 (\$13.55 ea)	120 Plates \$1,554.00 (\$12.95 ea)
PORTION PERFECTION BOWL	Porcelain	\$16.95	\$14.40	20 Bowls \$237.00 (\$11.85 ea)	60 Bowls \$693.00 (\$11.55 ea)	120 Bowls \$1,320.00 (\$11.00 ea)
	Melamine	\$10.95	\$9.30	20 Bowls \$153.00 (\$7.65 ea)	60 Bowls \$447.00 (\$7.45 ea)	120 Bowls \$852.00 (\$7.10 ea)
BARI-PREPPER		\$9.95	8.45	36 PREPPERS \$250.20 (\$6.95 ea)	72 PREPPERS \$486.00 (\$6.75 ea)	144 PREPPERS \$928.80 (\$6.45 ea)
SNACKER		\$24.95	\$21.20			
HYPNOTHERAPY MP3 PLAYER		\$38.95	\$33.10	20 PLAYERS \$545.00 (\$27.25 ea)	60 PLAYERS \$1,590.00 (\$26.50 ea)	120 PLAYERS \$3,036.00 (\$25.30 ea)
LABEL READING MAGNIFIER		\$0.75	\$0.60	20 CARDS \$10.40 (\$0.52 ea)	60 CARDS \$30.60 (\$0.51 ea)	120 CARDS \$57.60 (\$0.48 ea)
PORTION PERFECTION FOR BARIATRICS PACK <small>(Bariatrics Book, Snack Bible, Plate & Bowl)</small>	Porcelain	\$97.80	\$83.15	20 Packs \$1,369.00 (\$68.45 ea)	60 Packs \$3,990.00 (\$66.50 ea)	120 Packs \$7,626.00 (\$63.55 ea)
	Melamine	\$83.80	\$71.25	20 Packs \$1,173.00 (\$58.65 ea)	60 Packs \$3,420.00 (\$57.00 ea)	120 Packs \$6,534.00 (\$54.45 ea)
SET OF TWO (2) WINE GLASSES		\$19.95	\$16.95	24 SETS \$334.80 (\$13.95 ea)	60 SETS \$813.00 (\$13.55 ea)	120 SETS \$1,554.00 (\$12.95 ea)
KIT-N-KARRY		\$95.00	\$80.75	24 KITS \$1,596.00 (\$66.50 ea)	64 KITS \$4,134.40 (\$64.60 ea)	120 KITS \$7,410.00 (\$61.75 ea)

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