



2012 AUSTRALIAN HEALTHY SNACK BIBLE

BONUS CEREAL GUIDE



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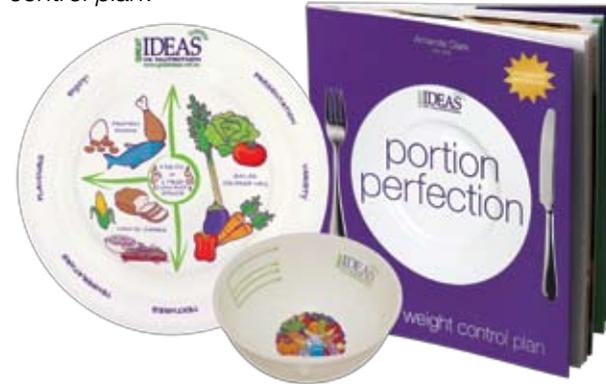
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This handy snack guide is an updated extract from Amanda Clark's *Portion Perfection – A visual weight control plan*.



Complete your Portion Perfection set at www.greatideas.net.au

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. Great Ideas in Nutrition at Coolangatta specializes in delivering clear, concise and realistic advice about food, nutrition and exercise. Amanda also runs an online resource shop, stocking practical and trusted books and resources for irritable bowel and weight control at

www.greatideas.net.au

and is available to answer queries via facebook www.facebook.com/portionperfection. Please join us.

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 foods you may eat or drink for meals and snacks. It is in photographic form and is accompanied by an optional plate and bowl so you know you're getting your portion sizes right. There's also a version for those who have undergone gastric banding or sleeve gastrectomy surgery – *Portion Perfection for Bands & Sleeves*. See pages 22 and 23 for a few additional tips for band or sleeve owners.

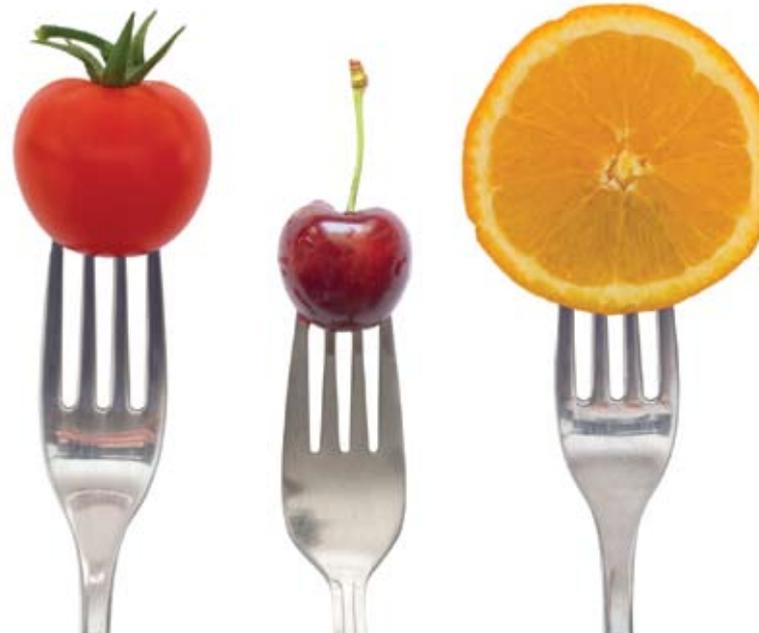
The original guide applies to men, women and children over the age of 5 and the feedback from over 15,000 users is that it couldn't be any simpler.

I have found that the Portion Perfection concept helps both overeaters and undereaters, as well as those just wishing to be more healthy and eat 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 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 200ml 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 typical small milk-based coffee will contain 200 Cals / 840 kJ, but you can scale up to tall cups of 600ml 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 three meals and three 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 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 you vary the choice – don't eat the same less healthy food every day.

In this snack guide we refer to Calories (Cals) as well as kilojoules (kJ) because numbers of Cals are smaller and rounder and 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 'Find an APD' or talk to your doctor.

Disclaimers:

While all care has been taken in the preparation of this book and every effort has been made to represent product details correctly, no responsibility is accepted for any errors, omissions or inaccuracies, or for any representation whether expressed or implied, which is beyond the control of the author / publisher.

Not every product that meets the criteria appears in this book and it would not be practical / feasible to do so. The appearance of a product in the book is at the discretion of the author and is not guaranteed even if it meets all criteria. No fee has been paid / received in return for any reference to a product in this book.

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 judgement. 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 or 2 out of 3, are denoted with a red dot, or a blue triangle respectively.

Criteria – Cereal Criteria – Per 150 Cal / 630kJ serve

1. Low GI **OR**
 - 5g or less of sugar if no/low fruit
 - 10g or less of sugar if it contains significant fruit
2. 3g or more of fibre
3. 1.5g 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
400 / 1680 ✓✓	1	1.5	1.5	1
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 or 2 out of 3, are denoted with a red dot, or a blue triangle respectively. 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



100 g low-fat yoghurt

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



● Carman's Fruit Free Muesli



● Healthies Bircher Apple and Raisin



● Freedom Foods Crunchola



● Sanitarium Toasted Muesli Golden Oats & Fruit



● Uncle Tobys Natural Style Muesli



● Vogel's Premium Oven Crisp Muesli



● Brookfarm Natural Macadamia Muesli



▼ Freedom Foods Muesli, Gluten Free



▼ Heritage Mill Country Toasted Muesli



▼ Macro Maple Nut Crunch

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



● Golden Vale Fruit & Nut Muesli



● Goodness Superfoods Digestive or Heart



● Goodness Superfoods Protein



● Morning Sun 97% Fat Free Muesli



● Sun Sol Apple + Berry Low Fat Muesli



● Uncle Tobys Oats, dry volume



● Uncle Tobys Oats Multigrain



▼ Back To Nature Farmers Choice Muesli



▼ Golden Vale Healthy Start



▼ Sanitarium Granola Oat Clusters



▼ Sanitarium Weetbix Bites, all flavours, 17 pieces



▼ Uncle Tobys Oat Crisp



▼ Vogel's Cluster Crunch



▼ Uncle Tobys High Fibre Bites, Honey, 38 pieces



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 Gluten Free Rice Flakes



● Golden Vale Bran & Sultanas



● Kellogg's All-Bran Original



● Kellogg's Guardian



● Kellogg's Mini Wheats



● Uncle Tobys Healthwise for Heart Wellbeing



● Vogel's Ultra Bran Soy and Linseed



▼ Dick Smith's Bush Foods, breakfast food



▼ Kellogg's Just Right, original, tropical



▼ Kellogg's Sultana Bran



▼ Kellogg's Sultana Bran Crunch



▼ Kellogg's Sustain



▼ Nestle Milo Cereal



▼ Sanitarium Light 'n' Tasty



▼ Uncle Tobys Fruity Bites



▼ Uncle Tobys Nut Feast



▼ 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



● Uncle Tobys Bran Plus



● Artisse Organic, Wholeflakes, cinnamon spelt flakes



▼ Be Light Red Berries Special Flakes



▼ Kellogg's Special K varieties and Advantage



▼ Uncle Tobys Plus Cereals (all 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 Multigrain



● Uncle Tobys Oat Brits



● Uncle Tobys Shredded Wheat



● Uncle Tobys Vita Brits



everyday breakfast
milk, fruit and cereal *continued*

3 biscuits (150 Cals / 630 kJ)



● Sanitarium Weet-Bix



● Golden Vale Wheat Biscuits

1 sachet (150 Cals / 630 kJ) ● Meets 3 out of 3 criteria ▼ Meets 2 out of 3 criteria



● Goodness Superfoods Barley & Oats, all flavours



● Be Natural Porridge, all varieties



● Uncle Tobys Weight Wise

Free foods (< 20 Cals / 85 kJ)



Macro Organic Oatbran, 1 Tbsp, 6 g, 1 g fibre



Goodness Superfoods, Fibre Boost Sprinkles, 1 Tbsp, 6 g, 1.6 g fibre



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



Nature First, Breakfast Booster, Wheatgerm, 1 Tbsp, 6 g, 2 g fibre



Macro Natural Gentle Fibre, 1 Tbsp, 8 g, 5 g fibre



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



Coles, Linseed Meal, 2 tsp, 4 g, 1.2 g fibre

Top 10 Snacking Tips from Amanda

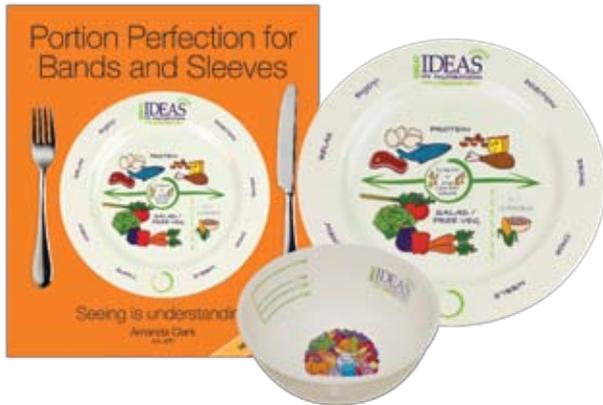
- 1. Plan ahead** – Take convenient snacks with you for when you're out and about and fill the pantry with healthy ingredients for home made options on weekends. Mandarines and bananas are easy-peel ideas when you're at the shops that don't require washing. Packaged nuts keep well in the car and cheese sticks are handy for work.
- 2. Be Portion Savvy** – learn how much is right for you. Remember snacks of 100 Cals (420kj) for weight loss, 200 Cals (840kj) 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 snackfoods or choose packaged foods where you recognise the ingredients. Cut up vege sticks and pack a small container of hummous, 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 it's small, don't swallow without thinking. Appreciate all the attributes of your snack choice. Notice the way it looks, it's 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 (420kj) per 200ml. 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.

Do you own a gastric band or sleeve?

THE PORTION PERFECTION BAND AND SLEEVE PLATE WAS SPECIFICALLY DESIGNED FOR THOSE WHO HAVE UNDERGONE ADJUSTABLE GASTRIC BAND SURGERY OR SLEEVE GASTRECTOMY.

The book, *Portion Perfection for Bands and Sleeves, Seeing is understanding*, acts as a companion to the Portion Perfection Band and Sleeve Plate and Bowl.

Portion Perfection for Bands and Sleeves includes photographs of the ideal portion size for gastric band or sleeve gastrectomy owners during the weight loss phase. It provides you with the tools and information you need to eat healthy, controlled portions.



Portion Perfection Band and Sleeve Pack \$55.00

Do you own a gastric band or sleeve?

Snacks help control appetite at meal times, keep metabolism ticking over and are a vital source of additional nutrients after band or sleeve 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 p26-35 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 36-49 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.

Look for Band Buddies Nutrichews originally designed for band owners with my assistance, on our website www.greatideas.net.au



The background of the slide features two clear glass cups filled with white yogurt. The yogurt is topped with fresh raspberries, strawberries, and blueberries. Several large, vibrant green mint leaves are scattered on top of the fruit. The lighting is bright and natural, highlighting the textures of the fruit and the freshness of the ingredients.

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

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.



FRUIT



Mango
1 small, 200 g



Nectarines
2 medium,
2 x 100 g



Pear
1 large, 200 g



Apple
1 large, 216 g



Banana
1 medium, 170 g



Dried Apricots
10, average,
10 x 3.5 g



Prunes
5 x 8 g



Strawberries
2 punnets,
2 x 250 g



Various brands,
Fruit juice, 200–250 ml



Fruit Salad
1 cup



Kiwifruit
2 large,
2 x 100 g



Mandarins
2 large,
2 x 100 g



SPC Power Pulp,
1 sachet, 150 g



SPC Peaches,
2 tubs, 2 x 120 g



Mini Macro Organic
sultanas, 40 g

VEGETABLES & DIP

VEGETABLES & DIP

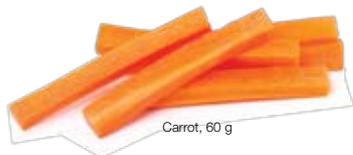
Choose one vegetable serve and 1 dip portion.



Cherry tomatoes, 7



Cucumber, 150 g



Carrot, 60 g



Celery, 120 g



Snow peas, 200 g, 1.5 cups



Mushrooms, 80 g



Fresh peas, 50 g



Capsicum, 80 g

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



Partner Foods, Chic Nuts, 1 mini pkt, 25 g

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



Danone Activia, all flavours, 1 tub, 125 g



Yoplait Squeezie Yoghurt, all flavours, 70 g



Pauls Natural, Low Fat Plain Yoghurt, 200 g



Yoplait Petit Miam, all flavours, 1 tub, 60 g



Dairy Farmers Thick & Creamy Light Yoghurt, all flavours, 170 g



Yoplait Formé Yoghurt, all flavours, 175 g

DAIRY



Yoplait Formé Satisfy, all flavours, 170 g



Nestlé Diet Yoghurt, all flavours, 2 x 150 g tub



Ski D'Lite yoghurt, 1 tub, 100 g



Dairy Farmers Daily yoghurt, all flavours, 1 tub, 100 g



Yoplait Smackers, all flavours, 1 tube, 70 g



Yoplait Go Gurt, 1 tube, 70 g



Pauls Smooth Yoghurt, family pack, all flavours, 1 tub, 90 g



Yoplait Creamy Lite Yoghurt, 1 tub, 100 g



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

DAIRY

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

Everyday criteria for cheeses per 100 Cal / 420 kJ serve

1. 6g or less of fat



Yoplait Frûche, all flavours, 1 x 125 g tub



Dairy Farmers Vanilla Custard, 1 tub, 100 g



Nestlé Diet, all flavours, 1 tub, 125 g



Yogo, triple trek & choc rock, 1 tub, 100 g



Dairy Farmers Daily Custard, 1 tub, 100 g



Nestlé Aero Chocolate Mousse, 1 tub, 62 g

DAIRY



Aunt Betty's Creamy Rice, 100 g



Valia Innergy, all flavours, 1 x 90 ml bottle



Yakult Lite Drinking Yoghurt, 2 bottles x 65 ml



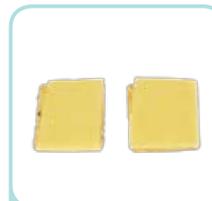
Lite, skim or soy milk, 200 ml



Skim milk 200ml + 1 hpd tsp Milo



Skinny Cappuccino or Latte, 200 ml



Vitaweats (original), 2 + Bega Extra Lite Cheese, 1 slice



Bega So Light Cheese, tasty or vintage, 1 x 21 g slice



Mainland Tasty Light On The Go, 1 mini pack, 30 g



Single Florentine

The solution to baking and eating a whole batch of biscuits.

INGREDIENTS:

- 1 Tbsp toasted muesli
(we used Brookfarm toasted macadamia muesli)
- 1 tsp condensed milk
(the tube is most convenient)
- 1 square (4g) dark chocolate
(we used Greens organic)

METHOD:

1. Preheat oven to 160C
2. In a small bowl, mix muesli and condensed milk.
3. Spoon muesli mix onto a small square of baking paper placed on a baking tray and form into a mound.
4. Bake for 5 mins or until browned.
5. Melt chocolate square in small bowl in the microwave on high for 30 secs, stir and heat again for 30 secs.
6. Spread chocolate on flat side of Florentine and refrigerate until chocolate hardens.

Makes 1

Nutritional Information per serve:			
Energy	100 Cals / 420 kJ	Carbohydrate	12 g
Protein	1.6 g	Sugars	7.5 g
Fat	3.1 g	Fibre	1.1 g
Saturated Fat	1.5 g	Sodium	15.5 mg

Note: check that your mix is quite dry, if condensed milk is seeping out, add a little more muesli to soak it up.

TIP

Keep the remaining chocolate broken into individual pieces in the freezer.

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 Fruit 'n' Yogurt,
all flavours,
1 bar, 59 g



Bulla Fruit 'n' Yoghurt,
all flavours,
1 cup, 100 g



Peter's Billabong,
1 cup, 50 g



The Skinny Cow ice
cream, all flavours,
1 cup, 90 g or 1 stick, 67g



Weight Watchers, ice
cream, most flavours
1 mini cup, 145 ml

FROZEN DESSERTS



Streets Paddle Pop
Moo, all flavours,
1 stick, 70 ml



Peter's Billabong,
all flavours,
1 stick, 60 g



Peter's
Light & Creamy,
1 slice, 100 ml



Smooze Fruit Ice,
all flavours,
1 block, 65 ml



The Skinny Cow,
ice cream cookies,
1 cookie, 51 g



Light Ice cream,
various brands,
1 scoop, 100 ml



Wendy's Chocollo
1 junior scoop, 80 g



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



Home Ice Cream Frozen
Yoghurt, Boysenberry,
1 cup, 45 g

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

with significant fruit*
 3. 3.5g or less fat if no nuts or 7.5g or less fat with nuts.

4. 1g or less saturated fat.

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



● Be Natural Trail Bars, most flavours, 1 bar, 32 g



● Food for Health, Food for Kids, apple, 1 bar, 28 g



● Freedom Crunchola bar, 35 g



● Sun Valley True Fruit Bars, all flavours, 1 bar, 20 g



● Tasti Milkies, all flavours, 1 bar, 20 g



● Weight Watchers bars, most flavours, 1 bar, 37.5 - 40 g

BARS



● Sunbeam Fruit Flakes, all flavours, 1 mini pack, 20 g



● Uncle Tobys Bodywise Bar, all flavours, 1 bar, 35 g



● Uncle Tobys Crunchy Muesli Bars, all flavours, 1 bar, 20 g



● Uncle Tobys Roll Ups, all flavours, 2 bars, 2 x 15.6 g



● Golden Days Fruit Poles, 1 bar, 25 g



● Bellis School Bars, all flavours, 1 bar, 20 g



● Freedom Foods, Chewy, all flavours, 1 bar, 35 g



● Nestlé Milo Bar, 1 bar, 21 g



● Uncle Tobys Simply Fruit Bar, with suit, apr, popp & orange, 35 g

TIP

Chia seeds are high in omega 3 fatty acids and add fibre and crunch. Add to cake or pikelet mixes just before cooking to keep them crunchy.

To lower sodium content, omit bicarb soda.



Dill Pikelets for One

INGREDIENTS:

- 1.5 Tbsp self raising flour
- ½ tsp chia seeds
- 2 tsp lemon juice
- 2 pinches bicarb soda
- 1 tsp chopped fresh dill
- 3 tsp low fat natural yoghurt
- spray oil
- 2 tsp reduced fat cream cheese

METHOD:

1. In a small bowl, mix flour, seeds, lemon juice, bicarb, dill and yoghurt until smooth.
2. Heat frypan and spray with a little oil if required.
3. Spoon half the mix into the pan to form a round, repeat with remaining mix. Cook for 2 minutes before turning, cook for a further 2 minutes and remove from pan.
4. Spread with 1 tsp of reduced fat cream cheese and sprinkle with remaining dill.

Makes 2 pikelets = 1 serve

Nutritional Information per serve:			
Energy	98 Cals / 410 kJ	Carbohydrate	14 g
Protein	3.5 g	Sugars	2 g
Fat	2.7 g	Fibre	1 g
Saturated Fat	1.3 g	Sodium	260 mg

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.



BARS



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



▼ Go Natural Popcorn Bars, all flavours, 1 bar, 35 g



▼ Uncle Tobys Chewy Muesli Bars, forest fruits only, 1 bar, 31 g



▼ Be Light, 6 Grains Delight Cereal Bars, 1 bar, 30 g



▼ Heinz Little Kids Yoghurt Muesli Fingers, all flavours, 2 bars x 15 g



▼ Uncle Tobys Fruit Fix, all flavours, 1 bar, 21.6 g



▼ Coles Chewy Muesli Bar, Apricot and Coconut, 31 g



▼ Hot Shots Fruit Tails 1 mini pack, 20 g



▼ Uncle Tobys Simply Fruit, sult, date, ap & cinnamon, 1 bar, 35 g



▼ Food For Health, Food for Kids, banana custard, 1 bar, 28 g



▼ SPC Chewbie fruit bars, all flavours, 1 bar, 20 g



▼ SPC Drizzly Bars, all flavours, 1 bar, 24 g



▼ Go Natural Fruity Bites, 1 mini pack, 30 g



▼ Coles Oven Baked Fruit Bars, all flavours, 1 bar, 37.5 g



▼ Boost Bites, 1 mini pack, 35 g

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. 3g or less of saturated fat

2. 200mg or less of sodium
3. Low GI or 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 judgements have been made.



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



Arnett's Vita-Weat Grain Snacks, all flavours, 1 mini pack, 20 g



Arnett's Snack Right Wild Berry Fruit Pillows, 2 biscuits



Veri Deli Soy & Linseed or Fig & Mixed Grain Crackers, 5 crackers



Tuckers Multifibre Snacks, 12 crackers, 25 g



Vita Weat Multigrain rice crackers, most flavours, 10 crackers

BISCUITS AND CRACKERS



Mamee Monster Rice Sticks, all flavours, 1 mini pack, 20 g



Arnett's Snack Right Fruit Slice Biscuits, 3



Arnett's Snack Right Sultana Choc Fruit Slice Biscuits, 2



Vita-Weat, all varieties, 4 traditional or 2 sandwich sized with 2 tsp low fat dip



Orgran Mini Outback Animals, 1 mini pack, 22 g



Paradise Rich Tea Biscuits, 3



Healthieries Bickies, all flavours, 1 mini pack, 20 g



Sakata Wholegrain Cheddar and Chives, 1 pkt, 30 g



Sakata Wholegrain Rice Crackers, 13

MISCELLANEOUS

These foods have been chosen for their proximity to 100 Cals (420kj) 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.



Jarrah Chocolate, most flavours, 1 sachet, 16 g



Gloria Jean's large skinny cappuccino, 350 ml



Various brands, Soup In A Cup, some flavours, 1 sachet



Golden Days Fruballs, all flavours, 1 box, 30 g



Fruit for Life Dried Apple Clusters



Ajitas Vege Twists, 1 mini pack, 21 g

MISCELLANEOUS



Campbell's Country Ladle Butternut Pumpkin Soup, ½ x 500 ml



Various movie complexes Popcorn, 1.5 cups



Cool Pak Popped Corn, original, 1 mini bag, 20 g



Vegetable juice, 300 ml



Fruit Cake, 35 g



Florida's Natural Nuggets Fruit Snacks, all flavours, 2 x 17 g



1 Slice of Toast with Tomato and Herbs



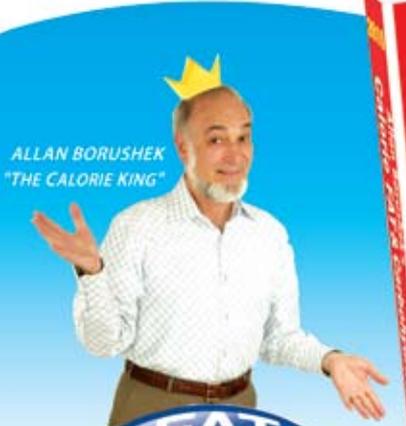
1 Slice of Raisin Toast with a Scrape of Jam



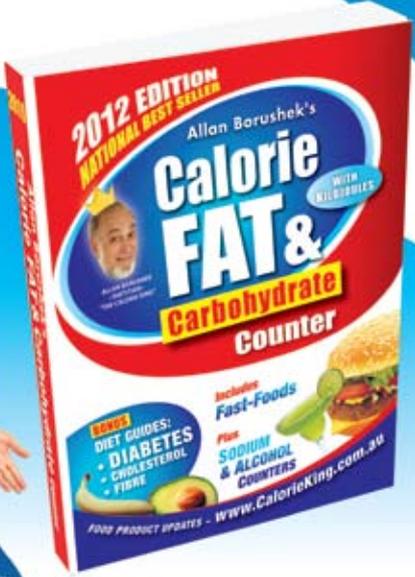
Sanitarium Weetbix Crunchy Honey Bites, 5 pieces

Australia's #1 Diet Book

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FULL COLOUR EDITION
OVER 1000 FOOD PHOTOS



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CARBS COUNT
BUT
CALORIES ARE KING!

FROM NEWSAGENTS
& BOOKSTORES
Online:
www.greatideas.net.au



OCCASIONAL FOODS

*Not as healthy,
but perfectly portioned.*

DAIRY

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



DAIRY



Nestle Aero Peppermint, 1 tub, 62 g



Yakult, 2 x 65 ml



Devondale Moo Zoo, 2 x 15 g pieces



Vaalia kids squeeze, all flavours, 1 pouch, 140 g



2 Bega Stringers, all varieties, 2 x 20 g



Bega Shapers Puzzlers, 1 piece, 25 g



Mainland Tasty On The Go, 1 mini pack, 30 g



Bulla choc bars, all flavours, 1 bar, 36 g



Bulla Splits, all flavours, 1 bar, 64 g



Bega Shapers Building Blocks, 1 piece, 25 g



Bega Junior, 1 piece, 20 g



Nestle Milo combo, 1 tub, 70 g



Weis, mini, most flavours, 1 bar, 40 g



Full fat milkshake, homemade, small glass, 200 ml



Nestle chocolate mousse, 1 tub, 62 g

BISCUITS & CRACKERS

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



Arnott's Shapes,
1 mini pkt, 25 g



Kraft Premium,
1 individual pack, 26 g



Sultana Chees,
all flavours,
1 mini pack, 16 g



Kraft Snackabouts,
all flavours,
1 mini pack, 26-28 g



Uncle Tobys LeSnak,
all flavours,
1 mini pack, 22-36.6 g



Mainland Munchables,
Light Cheese & Rice,
1 mini pack, 25 g

BISCUITS & CRACKERS



Freedom Foods,
Cranberry Crave,
1 biscuit, 20 g



Healthieries
Kids Care Potato Stix,
2 mini packs, 2 x 20 g



Healthieries Kids Care
Rice Wheels, all flavours,
1 mini pack, 18 g



Paradise Uglics,
1 mini pack, 25 g



Arnott's Tim Tam,
1 individual biscuit,
15 g



Paradise Vive Lites
Minis, all flavours,
1 mini pack, 30 g



Healthieries Ricey Bites,
all flavours,
1 mini pack, 15 g



Sakata Rice Crackers,
all flavours,
1 pack, 30 g



Hot Shots Scooby
Doo Cookie Snacks,
1 mini pack, 25 g

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.

CAKES & DESSERTS



Apple pie,
3 cm wide



Sara Lee French
Cream Cheesecake,
3 cm wide



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



Top Taste Rolletes,
1 x 28 g



Unibic
The Gingerbread Kid
35 g



Coles Mini muffins,
all flavours,
1 x 22 g



Aeroplane Jelly Cup,
all flavours, 150 g



The Ministry of
Muffins Little Bites
Muffins, 1 x 32 g



Cake Mark
Chocolate Mini Rolls,
1 x 25 g



Tea Cake Unbuttered,
1 small slice



Weight Watchers
Lamington Fingers,
1 x 27 g



Belgian Eclairs
(frozen), 1 éclair, 30 g



Weight Watchers
Belgian Chocolate
Brownie, 1 x 25 g



Weight Watchers
Cherry Bakewell,
1 x 34 g



Weight Watchers
Cake Slices,
all flavours, 20-23 g

occasional SNACKS 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.



Nestlé Space Food Sticks, all flavours, 1 bar, 16.7 g



Kellogg's Nutri-grain Bar, 1 bar, 30 g



Kellogg's LCM Bars, all flavours, 1 bar, 22 g



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



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



Woolworths Strawberry & Yoghurt chewy muesli bar, 1 bar, 32 g

BARS



Sun Health Foods, Sesame or Apricot bar, 1 mini bar, 20 g



Go Natural Full of Fruit Bar, 35 g



Woolworths Home Brand Chewy Muesli Bars, choc swirl, 31.25 g



Nice & Natural Fruit Strings, all flavours, 2 mini packs, 2 x 17 g



Food for Health, The Gluten Free Bar, all flavours, 1 bar, 25 g-35 g



Woolworths Select Rice Bar, all flavours, 1 bar, 22 g



Uncle Tobys Chewy Muesli Bars, most flavours, 1 bar, 30.8 g



Uncle Toby's Simply Fruit Nibbles, all flavours, 1 sachet, 35 g



Apricot blocks, various brands, 3 blocks, 30 g

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 ball, 12 g



Kinder Surprise,
1 egg, 20 g



Kinder Chocolate,
1 bar, 21 g



Natural Confectionery
Company Snakes,
3, 25 g



Cadbury Freddo Frog,
1 individual, 15 g



Mars Fun Size Bar,
18 g

CHOCOLATES & LOLLIES



Cadbury Cream Freddo,
Caramello Koala, all
flavours, 1 x Ave 16.7 g



Cadbury Furry Friends,
1 x 15 g



Chupa Chups,
2 x 12 g



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



Kenman's
Chocolate Licorice Log,
1 x 30 g



Milky Way Bar,
25 g



Ferrero Nutella,
1 portion pack, 20 g



Cadbury Chocolate
Coated Peanuts,
10 nuts, 18 g



Allen's Minties,
7 lollies, 7 x 4 g

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.

ALCOHOL AND MISCELLANEOUS



Ajitas Vege Chips,
21 g



Mini Macro potato
crisps, 1 mini pkt, 20 g



SPC Chompies,
1 mini pack, 20 g



Cordial,
various brands,
1 glass x 200 ml



Soft Drink,
various brands,
1 glass x 200 ml



Gelativo Sorbet,
all flavours,
1 mini tub, 125 ml



Mayfair Twiggy Sticks
1 stick, 20 g



Patties Party
Sausage Rolls,
1 roll, 38 g



Ingham Chicken
Breast Nuggets,
2 nuggets, 2 x 20 g



Cascade
Premium Light,
1 stubbie, 375 ml



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 liqueur glass, 60 ml



Champagne,
1 glass, 150 ml

200 CALORIE SNACKS

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



E200 MISCELLANEOUS

200 Calories is the correct amount for weight maintenance for most men, women and children. This section displays serves containing 200 Calories,

you may also choose two serves from the 100 Calorie section.



Be Natural Nut Bars, all flavours, 1 bar, 40 g



Carman's Muesli bars, 1 bar or round, 40-45 g



Smiths Grain Waves, all flavours, 1 pkt, 40 g



Yoplait Le Rice, most flavours, 1 tub, 150 g



Hormel, Compleats Roast Beef, Gravy & mashed pot, 283 g



Tasti Nut Bar, Fruit & Nut only, 1 bar, 37.5 g

E200 MISCELLANEOUS



La Zuppa, all varieties, 1 bowl, 420 g



Sunbeam Just Nuts, all varieties, 30 g



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



Seakist Lunch Kit, Tuna in Thousand Island Dressing, 1 pack, 108 g



1 Mini Date Scone, 40 g + 1 hpd tsp jam (no spread)



½ English Muffin with 20 g Cheese (1 slice) melted



Heinz Good Stuff, Cheesy Bacon Pasta Spirals, 200 g



Sachet of instant porridge with 100 ml of lite milk



Low fat smoothie, 250 ml or a 350ml Boost Juice low fat smoothie kids size

E200 DAIRY

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



E200 DAIRY



Jalna Low Fat,
all flavours, 200 g



Yoplait Creamy
Original,
1 tub, 175 g



Ski Active,
all flavours,
1 tub, 170 g



Pauls Good to Go,
fresh smoothie,
all flavours, 250 ml



Ski Double Up,
all flavours, 165 g



Ski Yoghurt & Grains,
all flavours, 200 g



Vaalia low lactose,
strawb & passionfruit,
1 tub, 175 g



Bulla Lite 'n' Healthy,
all flavours,
1 tub, 200 g



B-d Paris Farm Creek
Indulgence Dessert
Yoghurt, 1 tub, 200 g



Tamar Valley
Greek Style No Sugar
Yoghurt, 230 g



Coles Lite,
all flavours,
1 tub, 200 g



Dairy Farmers
Thick & Creamy,
all flavours, 170 g



B-d Paris Farm Creek
Organic Yoghurt,
Blueberry, 1 tub, 200 g



Ski D'Lite,
all flavours,
1 tub, 200 g



Bulla Thick & Fruity,
all flavours, 170 g

TIP

For a meal: fill half the plate with rocket, baby spinach, cherry tomatoes, 1 Tbsp avocado and spritz with balsamic vinegar and serve the following numbers of fishcakes according to your Portion Perfection visual weight control plan.

	Snack (number of fishcakes)	Meal (number of fishcakes)
✓	2	6
✓	2	8
✓	4	8
✓	4	10

See page 12 for your personal colour guide.



Versatile Fish Cakes

Perfect for a meal or snack

INGREDIENTS:

300g tinned pink salmon in spring water, drained.
 1 medium egg
 1 tsp curry powder
 ¼ cup sliced shallots
 Juice and zest of 1 lemon
 1 cup boiled sweet potato mashed
 ¼ cup chopped coriander leaves
 ½ tsp pepper
 ½ cup cornflake crumbs
 sweet chili sauce to serve

METHOD:

1. Preheat oven to 160C
2. Combine all ingredients except crumbs in a bowl and mix well.
3. Shape 2 Tbsp quantities of mix into patties, coat in crumbs and place on a lined baking tray.
4. Bake for 25 minutes or until golden.
5. Serve 2 patties drizzled with 2 tsp sweet chili sauce.

Keep refrigerated, may be frozen, enjoy cold or reheat in a sandwich press.

Makes 16, 2 fish cakes per serve

Nutritional Information per serve:

Energy	101 Cals / 425 kJ	Carbohydrate	8 g
Protein	9.5 g	Sugars	2 g
Fat	3 g	Fibre	1.2 g
Saturated Fat	0.9 g	Sodium	287 mg

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, choc or yoghurt flavours, 1 bar, 37.5 g



Nice & Natural Natural Nut Bars, all flavours, 1 bar, 35 g



Cinnamon donut, 1 donut, 50 g



Ski Divine, 1 tub, 200 g



Five:am organic yoghurt, all flavours, 1 tub, 170 g



eat.gourmet yoghurt, all flavours, 1 tub, 150 g

O200 MISCELLANEOUS



Mother Earth Baked Oaty Slices, 1 bar, 40 g



Arnott's Wagon Wheel, 1 original size, 48 g



Nestlé Kit Kat, 4 fingers, 45 g



Streets Magnum Mini, most flavours, 1 bar, 48-53 g



Tea Cake, 13cm slice with average spread



Sara Lee French Cream Cheesecake, 6 cm slice



Pikelets, 3 x 7cm with average spread



Cadbury Giant Freddo, 40 g



Apple Pie, 6 cm slice

Kiwi Krumble for One



INGREDIENTS:

- 1 kiwi fruit, diced
- 1 tsp wholemeal plain flour
- 1.5 tsp brown sugar
- 2 tsp traditional rolled oats
- 1 tsp polyunsaturated spread, melted

METHOD:

1. Preheat oven to 160C
2. Place diced kiwi fruit into small (1/2 cup) bowl
3. In a separate bowl, combine flour, sugar, oats and melted butter to form a crumble
4. Spoon the crumble mix onto the kiwi fruit
5. Bake in oven until crumble top is browned (about 15 mins)

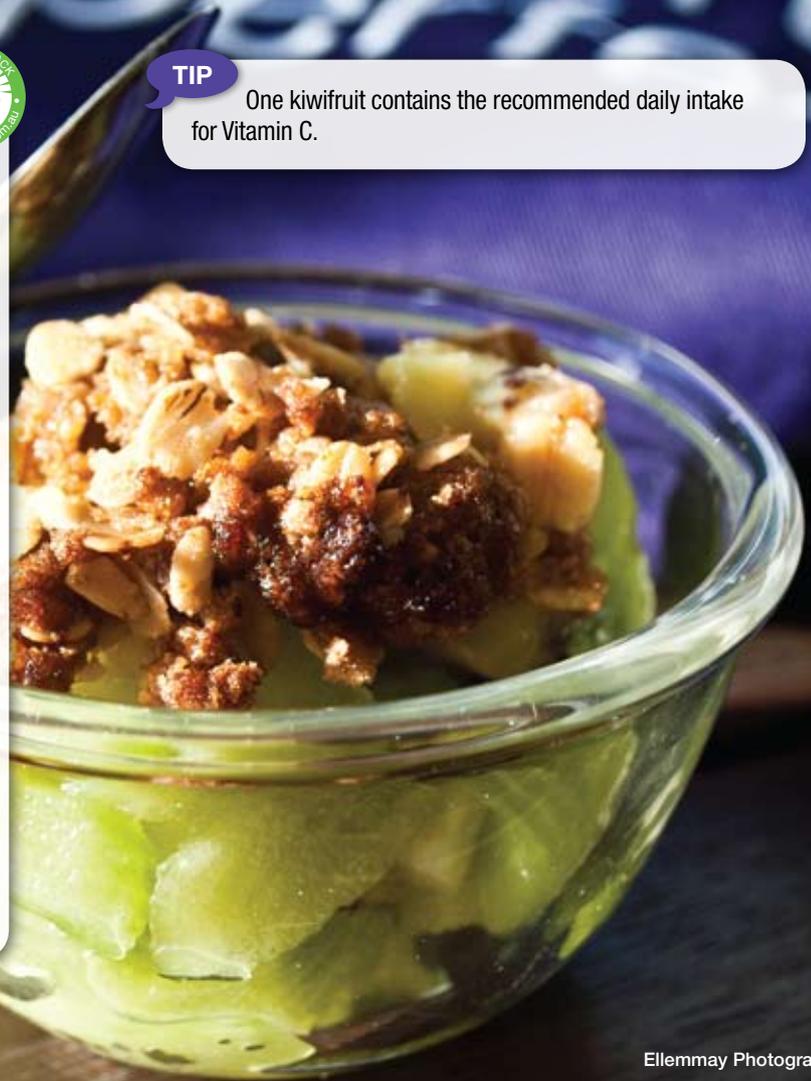
Makes 1

Nutritional Information per serve:

Energy	126 Cals / 527 kJ	Carbohydrate	17.5 g
Protein	2 g	Sugars	13 g
Fat	4.5 g	Fibre	3.3 g
Saturated Fat	0.8 g	Sodium	38 mg

TIP

One kiwifruit contains the recommended daily intake for Vitamin C.



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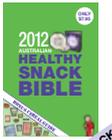
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ORDER FORM – Portion Perfection Products

PRODUCT	PRICE PER ITEM*	NUMBER REQUIRED	TOTAL COST
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* Prices valid to December, 2012. ** Packs contain book, purse sized snack bible, plate and bowl.			Postage & Handling \$6.50 for orders under \$25 \$12.50 for orders \$25-\$300 Free Postage for orders over \$300 (within Australia). Orders outside Australia will be quoted on individually.
Total Order			

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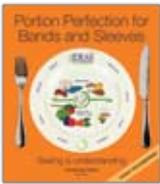
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Portion Perfection 

ORDER FORM – Bands & Sleeves Products

PRODUCT	PRICE PER ITEM*	NUMBER REQUIRED	TOTAL COST
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Bands and Sleeves Bowl – Melamine	\$9.95	___ x items	
Bands and Sleeves Pack – Porcelain**	\$69.95	___ x packs	
Bands and Sleeves Pack – Melamine**	\$59.95	___ x packs	
Bandbuddies Nutrichews	\$33.05	___ x packs	

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

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\$6.50 for orders under \$25

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