



Woman's Day
Aug, 16, 2010
(Australia edition)



Visualise objects such as yoyos and tennis balls to put the right-sized portions in your mouth

THE YOYO DIET

WOMAN'S DAY

AUSTRALIA'S NO. 1 WEEKLY MAGAZINE

MUFFINS

An extra-large muffin (150g) has a whopping 1800kJ and 20g of fat. Aim for a yoyo-sized mini muffin – or, even better, if you must have a sweet treat, keep it under that size.

KEEP IT AT: A yoyo.



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FRESH FRUIT

"You can eat some fruits endlessly, such as berries. Others are laden with carbs and kilojoules, so stick to a cup for bananas," says Dr Lisa Young, a nutrition consultant and adjunct professor at New York University.

KEEP IT AT: One cup.

SUSHI

"Eating endless sushi sounds healthy, but too much means a lot of rice and carbs," Dr Young says. "Aim for sushi that has a filling portion of no more than a deck of cards in size, and the rice one cup only in size."

KEEP IT AT: A deck of cards.



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SALAD DRESSING

Eat as much salad as you like, but keep the dressing to a shot-glass amount, which is about two tablespoons.

KEEP IT AT: A shot glass.



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PEANUT BUTTER

Don't lash out. Try to keep your peanut butter intake to the size of a walnut in a shell – that's one to two tablespoons.

KEEP IT AT: A walnut.

PASTA

When it comes to pasta, cut down the carbs by adding more veggies and tomato sauce. The dish should be no more than a tennis ball of spaghetti and a tennis ball of sauce.

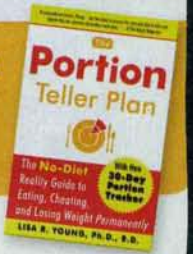
KEEP IT AT: A tennis ball.



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READ THIS *The Portion Teller Plan*, by Lisa Young, PhD, is full of tips to cull cravings and keep your diet goals on track. Get it from around \$14.99 plus postage from Amazon.com, or buy the ebook version for rrp \$17.95 at www.angusrobertson.com.au



Sunday dinner with JULIA & TIM

"One of the things I look forward to most, when I do get a chance to spend a night at home, is walking in the door to the smell of Tim's lamb roast wafting through the house," Julia says. "I love roast lamb with lots of roast potatoes, gravy and mint sauce."



Tim knows the fastest way to Julia's heart is with his traditional lamb roast.



- rosemary sprigs
- 6 potatoes, peeled, halved
- 6 wedges pumpkin
- 6 onions, peeled
- 2 tablespoons olive oil
- GRAVY
- ¼ cup pan juices or oil
- 2 tablespoons plain flour
- 2 cups water or stock (chicken or vegetable)

sprinkle with salt and a good grinding of black pepper. Bake for 1¼ hours or until cooked to taste. Remove meat from pan, cover loosely with foil and rest for 20 minutes before carving. Keep vegetables warm.

3. GRAVY. Heat pan juices in pan on medium. Stir in flour. Cook, stirring, until browned. Gradually blend in stock and season to taste. Bring to the boil, stirring. Reduce heat to low and simmer for 3 minutes.

1. Preheat oven to moderate, 180°C.
2. Place lamb on a trivet in a baking dish. Make slits in the skin with the point of a knife and insert garlic and rosemary. Arrange vegetables around the meat. Drizzle with oil,

TOP TIP

■ I sometimes cheat and add a spoonful of GravoX or a bit of tomato paste to the gravy.

Tim's roast lamb

SERVES 6 PREP 20 MINS COOK 1½ HOURS

- 1.5kg leg lamb, with shank
- 4-6 garlic cloves, sliced

HOT RIGHT NOW

Simple as 1, 2, 3

Enjoy a nutritious and delicious snack with Edgell's 3 Beans & Corn range. It's packed with one of three dressings, which you open and stir into the bean mix. Available now in a 150g ready-to-eat pack, rrp \$2.39.



Aussie apple treat

Sara Lee has made its apple pie even better by using 100 per cent Australian Pink Lady apples. Buy a family-size pie or four to a box for rrp \$5.49.

Look out for our bonus Everyday Food mini cookbooks. You'll find "Slow Cook Favourites" attached to next week's issue, with "Fast Food" to follow.



FETTUCCINE WITH SUNDRIED TOMATO & ROASTED GARLIC.



Serving suggestion

INGREDIENTS

- FETTUCCINE
- LEGGO'S STIR THROUGH

METHOD

1. ADD SAUCE TO FETTUCCINE
2. STIR

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