

CHINA CUP

Make breakfast a special event by substituting your everyday bowl for a delicate teacup. Kelly Polka Dot Gold teacup with saucer, \$39.95, Sinatra Gold Stripe side plate, \$17.95, from the High Society range by cristinare.com



6

of the best

SMALL PLATES & BOWLS

SPOTTED PLATE

OK, so this perky spotted plate is still on the large side, at 28cm, but if you confine servings to the inner ring you will be doing yourself a favour. Carnival dinner plate, \$8.75, by Fairmont & Main, from Down That Little Lane, downthatlittlelane.com.au



STONEWARE PLATES

This set is so beautiful you will want to keep it on display, mint stoneware dinner plate 23cm, \$42, side plate 18cm, \$30, shallow bowl, 16cm, \$35, from susansimonini.com.au



RECORD PLATE

Inspired by old-school vinyl records, the LongPlate by Mamado (Made In Italy) comes in two sizes, dinner plate 28cm and the side plate 22cm (perfect for smaller servings), and six appropriately named designs, including French Fries Kiss. Dinner plate \$38, side plate \$22, from ipsomof.com.au



MELAMINE SET

There are options aplenty in this funky 24-piece dinner set crafted from melamine so it's tough enough to stand up to the rough and tumble of daily dinner. Barel set includes bowl 15cm, side plate 20cm, dinner plate 25cm, \$124.95, from Zanui, zanui.com.au



Research has found that people eating off large plates tend to allocate themselves larger portion sizes and so overeat and gain weight. So in the interest of better health we went shopping for dinner plates and bowls that look great but don't carry an XXL label.

Words Cecily Ryan

BLUE BOWLS

From breakfast porridge to a veggie stir-fry, these pretty 14cm x 8cm bowls with hand-drawn borders are available in grey, mint blue and navy. Liberty collection by Davis & Waddell, bowls \$7.99, from davisandwaddell.com.au

