

# The 30 Pound Club

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## Go Smaller

Tuesday on Facebook, I asked friends to eat half of what they would normally eat at their next meal and then tell me how they felt. I didn't get many responses but of those who did, they commented that they were hungry later. I did the same thing but I wasn't hungry when I finished or later. Is there an explanation? It may be expectation.

Dr. Brian Wansink is a brilliant researcher from Cornell University who examines the behaviors associated with eating. In fact, he has just finished writing a book called *Mindless Eating* that I haven't read yet, but it's on my list. I've read many of the papers Dr. Wansink has published in peer-reviewed journals. If you go back to the very first tip I ever gave in the 30 Pound Club Messages, it was to use a smaller plate; that was based on Wansink's research. He's repeated that research many times. If you use a salad plate, which is about 10 inches in diameter versus a dinner plate, which is 12 inches, you'll eat about 22% less. Automatic. You don't have to think about it.

But here's another thing. If you use a dinner plate and fill it sparsely, you end up feeling hungrier than if you used a salad plate which would seem a lot more full. Again, you're not thinking about it consciously, but your brain is telling you that you must be hungry because there wasn't much food on that plate. Seems crazy, doesn't it? But for those who ate half, part of the reason you might have still felt hungry was that it was a little food on a big plate. Or it may be that you didn't eat much earlier.

It doesn't apply only to plates, either. If you use salad forks and teaspoons versus soup spoons, you'll also eat less. It takes more time to eat, and it's giving your digestive system more time to tell your brain you've had enough. This was confirmed by a long-time reader who happened to email me that on the same day I was reading Wansink's research. Now I'm thinking maybe it would apply to drinks as well. If you're having a high-calorie drink such as beer or fruit juice, put it in a small glass.

Give it a try at your next meal. Smaller plates. Smaller utensils. Let's just see how it works for you. Then post what you find in the 30 Pound Club Group.

One and Done.

What are you prepared to do today?

**Dr. Chet**

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