

**Mindless Dieting**  
**Newsletter #1 of a Series**



**Tips from Dr. Brian Wansink and Dr. Michael Roizen**

**“The Discovery Nut”**

**Tips for avoiding “Mindless Eating”**

- **Replace your 12 inch plate with a 10 inch plate** - A person tends to over-serve onto larger plates, and because people consume an average of 92% of what they serve themselves, larger plates lead to larger food intake. A two inch difference in plate diameter — from 12" to 10" plates — would result in 22% fewer calories being served, yet it is not drastic enough to trigger a counteracting response. If a typical dinner has 800 calories, a smaller plate would lead to a weight loss of around 18 pounds per year for an average size adult.
- **Mini-size your boxes and bowls** – The bigger the package you pour from, the more you will eat: 20 to 30% more for most foods. Repackage your jumbo box into smaller Ziploc bags or Tupperware containers, and serve it up in smaller dishes.
- **Think 20 percent less** – Dish out 20% less than you think you might want before you start to eat. In most studies, people can eat 20% less without noticing it. If they eat 30% less, they realize it, but 20% is still under the radar screen. For fruits and vegetables, think 20% more.
- **See it before you eat it** – Put everything you want to eat on a plate *before* you start eating – snacks, dinners, ice cream, and even chips. Also, instead of eating directly out of a package or box, put your snack in a separate dish and leave the box in the kitchen. You’ll be less likely to eat more food.
- **Choose a smaller spoon or eat with chopsticks**- Even when nutrition experts were given a larger spoon, they served themselves 31.0% more 14.5% when they were given a larger serving spoon.
- **Become an illusionist** – Six ounces of pasta on an 8-inch plate is a nice size serving. Six ounces on a 12-ounce plate looks like a tiny appetizer. Make visual illusions work for

you. With glasses, think slender if you want to be slender. If you don't fill your glass, you'll tend to pour 30% more into a wide glass than into a slender one.

- **Beware of the double danger of leftovers** – The more side dishes and little bowls of leftovers you bring out of the refrigerator, the more you will eat. Also, leftovers signal that you made too much – and probably ate too much - of the original meal.
- **Leave serving dishes in the kitchen** – Having serving dishes six feet away gives us a chance to ask if we're really hungry before we grab for food.
- **Snack only at the table and on a clean plate** – This makes it less convenient to serve, eat, and clean up after an impulse snack.
- **Don't deprive yourself** – The best way to begin changing habits is to do so in a way that doesn't make you feel deprived: keep the comfort foods, but eat them in smaller amounts. Our studies show that most people have at some comfort foods that are reasonably healthy. Small doses take you a long way.
- **Use the Half-Plate Rule** – For lunch or dinner, half the plate should be vegetables and fruits and the other half should be protein and starch.

## Health tips from Dr. Michael Roizen

“The Wellness Nut”

### Health tips to help you reach optimal health:

- **Plan your meals** – Start every day knowing when and what you’re going to eat. That way, you’ll avert the 180-degree shift between starving and gorging that occurs when you skip meals.
- **Don’t undereat** – When you try to “diet” by going for long periods of time without eating or by taking in too few calories, your brain senses starvation and sends an SOS signal through your body to store fat. To really lose weight, you have to keep your body from switching into starvation mode. The only way to do it: Eat often, in the form of frequent, healthy meals, and snacks.
- **Grab some walnuts** – Eat a little healthy fat -- like a handful of walnuts -- about 20 minutes before a meal. It will take the edge off, so you won’t be tempted to overeat.
- **Get a lift** – Muscle isn’t just for football players, bouncers, and souped-up cars. Adding some muscle will help lower your levels of blood pressure sugar. The more muscle you have, the more you increase insulin receptivity
- **Walk this way** – Try to walk a minimum of thirty minutes each day. You will notice not only the positive physical effects, but also psychological effects. Remember what self-esteem comes from: the ability to overcome obstacles and achieve goals. Walking accomplishes both.
- **Let food fight the fat** – Inflammation-reducing food is your best weapon against fat. To reduce obesity-causing inflammation, eat foods with nutrients that can do just that. Omega-3 fatty acids, found in walnuts, are great for helping reduce inflammation.
- **Choose Unsaturated over Saturated** – Meals high in saturated fat produce lower levels of leptin than low-fat meals with the exact same calories. That indicated you can increase your satiety and decrease hunger levels by avoiding saturated fats found in sources like high-fat meats, baked goods, and whole-milk dairy products
- **Stand up straight** – One of the easiest ways to strengthen your abdominal muscles – and support your back – is through good posture. Practice good posture by bringing your head and neck back, and breathing in to tighten your gut.
- **Know your enemies** – Limit your saturated and trans fats to less than 20 grams a day. These fats increase arterial inflammation, which promote plaque buildup, and turn on the mechanism that increases (bad) LDL cholesterol in the bloodstream.
- **Schedule sleep** –If you get less sleep than you need, you increase your arterial again and your risk of heart attack. Studies have shown that the optimal amount of sleep each night is seven to eight hours for men, and six to seven for women. So be sure to get your sleep!

- **Make every step** count (and use a pedometer for help!) - Walking 10,000 steps a day is an ideal physical activity goal, according to new guidelines. And scientists discovered that people with this goal literally walked the extra mile, logging about 2,000 extra steps a day. Plus, when people tracked their progress with a pedometer, they lost weight and improved their blood pressure.