



Mindful Eating Challenge

Week 1

Size Matters

What

During this week you will downsize by eating off of smaller size dishes:

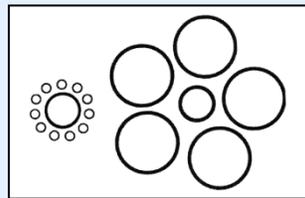
- Smaller plates (think 8" or less) rather than 12" plates
- Smaller bowls – soup bowls instead of pasta bowls
- Slender glasses rather than wide glasses
- Regular size spoons instead of serving spoons

How long

Eat on smaller dishes for at least 1 meal for at least 5 days during the week of the challenge.

Why

Which center dot in the image below is larger? The one on the left or the one on the right?



They are actually the same size. The same illusion works for food as well. The smaller the plate, the less food we are likely to put on it (since it looks like the plate is full). If we use a larger bowl, we tend to eat more from it than if we used a smaller bowl. The bigger the dishes, the bigger the servings.

Resources

- Article on using smaller dishes: <http://weightloss.about.com/od/easyweightlosstips/a/bldailytip24.htm>
- Small Plate Movement: <http://www.smallplatemovement.org/>