

# Lose Weight with a Smaller Plate



Wouldn't it be nice to eat what you like and still lose weight? Maybe you can, simply by using a smaller plate. That is the premise of "The 9-Inch Diet" book (Powerhouse).

Alex Bogusky, who wrote the book with Chuck Porter, bought a home built in the 1940's, and found that their dinnerware would not fit in the cupboards. Turns out that those 1940's cabinets were made to hold 9-inch plates verses the typical 12-inch dinner plates manufactured today. So Bogusky purchased vintage 9-inch plates, forcing him and his family to adjust their serving sizes to fit. **Without even trying, he lost 15 pounds, simply by eating less on the smaller plates.**

The author says that **within a week of eating the smaller portions, our brains and stomachs will be satisfied with less.** Well, that certainly sounds easy! So here are some simple ways to incorporate this way of eating into your diet without digging through the flea market for 9-inch plates:

- ✓ Keep a paper plate in your car or purse. Most paper plates are 9-inches. This will give you a solid example of a proper serving size. (Yes, this means you have to whip it out at the restaurant).
- ✓ Do not load the plate to overflowing. That will defeat the purpose.
- ✓ Do not get seconds. Eat more slowly, and enjoy the fact that that you are not eating celery.
- ✓ Make small and healthy snack choices.
- ✓ Adjust beverages accordingly. One glass of wine, tea, etc. Drink water after that.
- ✓ Use common sense!

Bogusky says that our minds are much stronger indicators for how and when we feel satisfied than most people realize. So get smaller plates and lose weight!

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