Cutting Portions without Feeling Hungry
Nagarjuna BVR*
SRM University, Chennai, India

INTRODUCTION

Prevention and control of Health problems such as high blood pressure, diabetes and some types of cancer can be best achieved by Healthy eating [1-5]. Weight is the most prevalent problem found among one in 3 people. The formula for losing weight is burning more calories than what you consume. But this doesn’t mean to growl the stomach to reach the goal. Lisa Young says that Eating tiny portions of everything doesn’t make any sense in portion control. This can be achieved by eating fewer calories which comes under No diet plan to eating and losing weight [6-11].

BIG GLASS OF WATER BEFORE EATING

Drinking 16 ounces of water which is equal to a big glass of water is suggested by Dawn Jackson Blatner. Naturally feeling less likely to overeat is induced by filling our belly with water [12-19]. So, sipping of some water before eating will automatically eliminate hunger and also dehydration.

CLOTHING TOOL

Squeezing into tight pants is although not suggestable but an outfit with waistband and buttoned Jacket is probably a tool in prompting to slow down the feel during the meal as suggested by Young. This makes us feel a little snugger at the Hunger [20-26].

VEGGIE FILLERS

Filling out the tummy by bulking up the meals with veggies is one of the easiest way to cut down the calories which also fills up the tummy [26-40]. Blatner suggests that spinach can be used as a sandwich-topper or can fiber and nutrients to pasta and stir fries. Swapping mushrooms to half of the ground meat and filling of diced apples in oatmeal makes it more. Substitution of Bread with whole wheat with more veggies can be used.

DINE ON DINNERWARE THAT HELPS YOU LOSE

According to Cornell University study the color of your plate might influence how much you eat. There are discoveries that the plate and food with low color constant makes people at buffet to serve 22% more than the higher color-contrast (like pasta with red sauce on a white plate or pasta with Alfredo sauce on a red plate) [41-62]. So this conclude that eating less can be facilitated by
selecting plates with a color-contrast to the food you're eating for dinner. Or if you want to eat more healthy foods, like a bigger salad, eat greens from a large green plate or bowl!

**SETTING THE SCENE FOR SLOWER EATING**

According to Blatner taking meals leisurely with Dimmer lights and relaxing music helps in setting the tone to eat less. "Taking your time while eating increases enjoyment and decreases portions," she says. She also suggests to chew slowly by putting down the fork between the bites and sipping water which makes the meal last longer.

**WORKING FOR YOUR FOOD**

This is another tool which slows down the eating. Munch on foods that require shelling, peeling, or individual unwrapping. Oranges, edamame, and pistachios in their shells are healthy options.

**DON’T EAT FROM THE BAG OR BOX**

Eating from bags blinds us from knowing how much we are eating. Researchers from Cornell University sought to answer this question in a study and found that people ate 50% more chips when they were given no visual cues as to how large a portion should be. So, dividing the contents to 10 servings will help us to know the proportions.

**SLURP YOUR APPETIZER**

Before diving the entrée having some soup is a great idea. Though it is assumed to add more to the meal, research has resulted in reduce of overall calorie intake. A study, people who had soup before the meal has reduced their total calorie intake by 20%. The best bet: a broth-based soup, preferably with veggies will be helpful in feeling full from the natural fiber, says Young.

**TAKE A LAP BEFORE SERVING YOURSELF**

Cornell University study, researchers have found out in their observation that people at two separate breakfast buffet lines that featured the same seven items: cheesy eggs, potatoes, bacon, cinnamon rolls, low-fat granola, low-fat yogurt, and fruit. In which one line presented the foods from healthiest to least-healthy, while the other line had the order reversed. Regardless of which line they passed through, so, more than 75% of people had found out that people put the first food they saw on their plates. So, taking a stroll around the buffet or dinner table before serving.

**DRINK FROM A TALL GLASS**

Having a cocktail with the meal is okay but it should be limited to one glass. In order to believe that you are having more, pour the drink into a tall thin glass which is tricky way. Adding extra ice to the drink also makes it look like even more!

**REFERENCES**


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