

Week 12 - Plate Size Matters



PLATE SIZE MATTERS! Choosing a 9-inch plate over a 12-inch one reduces the surface area by 44% and [helps you reduce your caloric intake](#) to support weight loss!

The size of our plates might seem like a trivial factor in the grand scheme of weight loss, but research suggests that it can have a significant impact on our eating behaviours and overall calorie intake. Here's how plate size can influence weight loss:

1. **Portion Distortion:** Larger plates can lead to what psychologists call "portion distortion." When we have more space on our plates, we tend to serve ourselves larger portions of food without even realizing it. This phenomenon can result in overeating, as we consume more calories than we actually need to feel satisfied.
2. **Visual Illusion:** The size of our plates can create a visual illusion that affects our perception of portion sizes. A smaller amount of food on a large plate may appear inadequate, leading us to add more food to fill the empty space. Conversely, the same amount of food on a smaller plate may seem more substantial, tricking our brains into feeling satisfied with less.
3. **Mindless Eating:** Larger plates can encourage mindless eating, where we consume food without paying attention to hunger cues or satiety signals. Research has shown that people tend to eat more when food is served on larger plates, regardless of their actual level of hunger or fullness.
4. **Environmental Cues:** Plate size is just one example of the environmental cues that influence our eating behaviours. When we're presented with larger plates, it sends a subconscious message that it's acceptable or even encouraged to eat larger portions. This can override our internal cues of hunger and fullness, leading to overeating.

5. **Reduced Satisfaction:** Paradoxically, studies have found that people may feel less satisfied or full when eating from larger plates, despite consuming more calories. This could be due to a disconnect between visual cues and actual physiological satiety, leading to a greater likelihood of snacking or overeating later on.