

Portion Control and Plate Size

I've never been much on the importance of plate presentation, and I've got no scientific proof to back it up, but I can tell you that if you're looking to lose weight, one of the first things you could do is get rid of all your plates and bowls. My wife and I are trying to lose weight – she's using an organized program, and when she first started, I would dish out her evening meal, and it would sit, lonely, in the vast emptiness of the plates we had. Not long after, I bought a bunch of plain, white salad plates from a discount housewares store. These plates are probably 8 inches across instead of the 12 inches of our old plates. Now when I serve up our servings, the plates seem more overflowing. I also bought smaller bowls. These hold about a cup or so of liquid, half as much as our old bowls. If nothing else, it helps us both feel like we're not skimping on our meals, and I do believe we both feel more satisfied, and less likely to opt for seconds.