

ONLY \$1.45

for Me

love*food*home*style*you

AUGUST 2005



moveit/loseit

Produced by Lindsey Emery

RIC GOMEZ/MASTERFILE (top); LEN LAGRUA (bottom)

TAKE IT DOWN A SIZE

"The bigger the box, the more you naturally nibble," says Lisa Young, Ph.D., R.D., author of *The Portion Teller: Smartsize Your Way to Permanent Weight Loss*. When studied, people watching movies by themselves ate nearly twice as many M&M's from a 1-pound bag as they did from a 1/2-pound bag (120 vs. 63)—a difference

of about 250 calories.

"Bigger boxes cost less per serving. But it will cost your waist in the long run," says Dr. Young. The best idea is to not buy junk in bulk. Can't resist? Portion out single servings into ziptop bags as soon as you get home.

Serve snacks and meals in Mesu bowls, which tell you exactly what size portion you're eating. Set of six (shown), \$50; www.mesu.us.



*Consult with your doctor before starting any diet or exercise program.

AUG 2005 FOR ME p.51