



The Thrifty Diet

Drop pounds hipster-style: Head to Goodwill or an antique store for vintage dinnerware. Lisa Young, Ph.D., R.D., author of *The Portion Teller*, says plates from the old days are typically at least 25 percent smaller in diameter than modern ones, so unless you go back for seconds, you'll likely eat less. Old bowls and glasses tend to be smaller too. In fact, University of Cambridge researchers report that the capacity of a wineglass in the U.K. has increased sevenfold in the past 300 years.