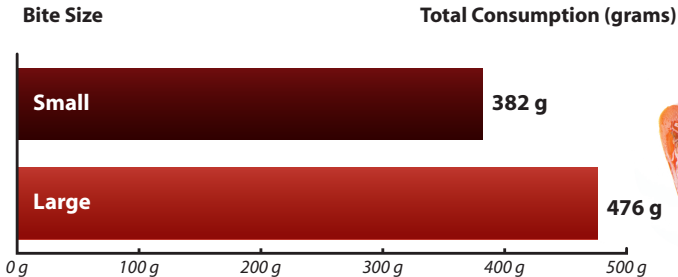


Put a Little Less on Your Fork

According to a recent study, eating small bites is associated with reduced overall food intake compared with eating large bites:



SOURCE: Zijlstra N, de Wijk RA, Mars M, et al. Effect of bite size and oral processing time of a semisolid food on satiation. *Am J Clin Nutr*, June 10, 2009.