

# Is Your Plate Growing? Here's How to Hit the Reset Button

We've all seen it: portion sizes at restaurants and in packages have ballooned over the last few decades. It's a major reason why many of us struggle with weight and energy levels. But here's some great news: you can actually "retrain" your brain to feel satisfied with less.

A recent study in The American Journal of Clinical Nutrition found that simply eating a smaller portion once can recalibrate what you think is "enough." In the study, people who were served a smaller meal one day naturally chose to eat less the next day. Even better? A week later, they still felt satisfied with those smaller, healthier portions.

Your brain is incredibly adaptable. By choosing smaller plates or pre-portioning your snacks, you aren't just cutting calories—you're resetting your internal "fullness" gauge.

## **Quick Tips to Recalibrate:**

- The Smaller Plate Trick: Use a salad plate for your main course to make a smaller portion look like a full meal.
- Pre-Portion Early: Never eat straight from the bag; put a single serving in a bowl.
- Listen to the Lag: Remember, it takes about 20 minutes for your brain to realize you're full.

Small changes lead to big results. Let's start shrinking the portions and growing your energy!

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