



# **11 PROVEN WAYS TO REDUCE THE WEIGHT WITHOUT EXERCISE**

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## **1. Using Smaller Plate.**

When people serve food onto a plate, they tend to finish all the food on that plate. They could lower their calories with minimal effort by reducing the size of their plate or how much food they put on it. Two 2017 studies Trusted Source found that university students consistently put less food on a special portion control plate.



When you place the same amount of food on a smaller plate, it fills up the plate more, creating the illusion of a larger portion. This can trick your mind into thinking you're consuming a substantial amount of food, even though the actual quantity might be less than if you were using a larger plate.

A larger plate with small portions can appear empty or unsatisfying, leading you to subconsciously feel like you're not getting enough to eat. In contrast, a smaller plate filled with the same amount of food can look more satisfying and visually appealing, even though the actual amount of food is less.

Smaller plates can help regulate your eating habits by encouraging slower, more mindful eating. When your plate looks full, you're more likely to eat more slowly and savor each bite, giving your body time to register feelings of fullness.

## **2. Chew More**

**Chewing or mastication initiates the process of digestion. Some preliminary research Trusted Source found that chewing each mouthful thoroughly and prolonging meal duration reduced food intake. Thoroughly chewing food can help a person savor what they are eating. Taking enough time to eat during.**

## **3. Eat More Protein.**

**Protein is an essential part of a healthful diet and is necessary for growth and efficient metabolism. Protein can increase Trusted Source feelings of fullness and delay hunger. A small study Trusted Source in young women found that eating high-protein yogurt as an afternoon snack reduced hunger and calorie intake at later meals. Simple ways to increase the amount of protein in the diet include adding a tablespoon of chia seeds or hemp seeds to breakfast cereals or including more eggs in meal plans.**

**Protein-rich foods and supplements can help you feel full and satisfied, reducing the likelihood of overeating or snacking between meals.**

**During weight loss, there is a risk of losing both fat and muscle. Protein intake can help preserve muscle mass, which is important for maintaining a healthy metabolism.**

**Protein has a higher thermic effect of food compared to carbohydrates or fats, meaning your body burns more calories to digest and process protein.**

**Including protein in meals can help stabilize blood sugar levels, reducing cravings and hunger swings.**

**Protein supplements should complement a well-rounded, balanced diet that includes a variety of whole foods like lean meats, fish, eggs, legumes, nuts, and seeds.**

## **4. Try a probiotic**

Probiotics are beneficial bacteria that are integral to digestion. Recent research Trusted Source links gut and brain function and suggests that probiotics can influence weight, fat mass, and mood. Humans act as the host of these bacteria and provide them with food, including fiber. In turn, the bacteria benefit the intestine and a person's general health.

The benefits that they provide include:

- energy for the gut wall and liver cells
- specific fatty acids that have anti-cancer properties
- regulating body weight

A diet that is high in sugar and fat can alter the balance of bacteria in the gut, reducing the number of good bacteria.

## **5. Eat More Fiber Food**

Fiber is in fruit, vegetables, legumes, and whole grains.

Fiber is different than other foods because the body does not digest it in the small intestine. Instead, the food moves to the large intestine, where fermentation occurs.

This benefits Trusted Source people by:

- increasing fullness
- slowing down digestion
- increasing food transit time and nutrient absorption

- **preventing constipation**

**People can add more fiber into a balanced diet by:**

- **eating fruit every day**
- **including whole grains in the diet, such as steel-cut oats and brown rice**
- **eating plenty of vegetables**

**The fiber in the skin of many vegetables is also beneficial. As long as people thoroughly wash the skin, it is safe and easy to eat when cooked.**

**Remember that while fiber is an important component of a weight loss diet, overall calorie intake and portion control are also crucial. Be sure to balance your diet with a variety of nutrient-dense foods . Always consult with a healthcare professional or registered dietitian before making significant changes to your diet, especially if you have any underlying health conditions.**

## **6. Drink more water.**

**Staying hydrated can support weight loss in several ways. For example, drinking water can act as an appetite suppressant, stimulate your metabolism, and help your body burn fat for fuel, per Johns Hopkins University. Additionally, research shows that drinking a glass of water before meals reduces food intake at the subsequent meal.**

**"Your brain sends the same signals when you're thirsty as when you're hungry, so it can be easy to mix up these signals," explains Mitri. "Keeping a water bottle on hand at all times can help keep these feelings at bay and keep you physically full."**



## **7. Serve food in multiple small portions.**

**This method is most useful in a buffet or snacking situation. One study divided single meals into smaller portions to test whether people expected to feel fuller after eating the same amount of food in separate units.**

**They found that by dividing foods into three or six separate portions, the participants' expected level of fullness was greater.**



**When eating at a buffet, a person can take multiple small plates to split the food across. When snacking, they can cut up the snacks and place them on different small plates.**

**A person can also try dividing mealtimes up into several small courses, instead of putting everything on one plate.**

**Eat with electronic distractions.**

**Instead of eating while working, watching YouTube, or scrolling your phone, consider eating more mindfully to give yourself a better chance of reaching your weight loss goals. The Harvard T.H. Chan School of Public Health says mindful eating involves being aware of the emotional and physical sensations you experience while eating. Also, it often involves making your own meals. And according to a June 2022 review, mindful eating is an effective way to support solid eating habits and weight management.**

**"Pay attention to your hunger cues and eat slowly, savoring each bite," says Best. "This can help you feel more satisfied with less food."**

## 8. Eat Without Electronic Distraction

Eating without electronic distraction can be a helpful strategy for mindful eating, which can contribute to better overall health, including weight management. Here's how it works and some tips to get started:

Mindful eating is a practice that involves paying full attention to the eating experience, including the taste, smell, texture, and enjoyment of food. It can help prevent overeating and promote healthier food choices, leading to better weight management. When you eat mindfully, you're more likely to notice your body's hunger and fullness cues, which can prevent overeating.

Focus solely on eating during your mealtime. Avoid checking emails, scrolling social media, or doing other tasks.

Before you start eating, take a moment to express gratitude for your food and the effort that went into preparing it.

Pay attention to your body's hunger and fullness signals. Eat until you're satisfied, not until you're overly full.



## 9. Using Red Plates.

Red tableware can potentially help reduce the amount of food people consume. Here's the basic premise:

Red is often associated with "stop" or "danger" signals, and this psychological response might extend to eating habits as well. When people see red, it might trigger a subconscious cue that signals them to slow down or stop, potentially leading them to eat less. This concept is often tied to the idea that changing the color of your dinnerware could influence how much food you eat.



However, it's important to note that the effectiveness of using red plates to reduce food consumption is not universally agreed upon. While some studies have shown a small correlation between red tableware and reduced food intake, the effects are generally considered to be subtle and may not work for everyone.

Factors like portion size, food type, individual eating habits, and the broader context of eating play significant roles in determining how much one eats. Changing the color of plates alone might not have a substantial impact on overall eating behavior.

If you're looking to manage your food intake, it's worth considering a holistic approach that includes mindful eating, paying attention to portion sizes, and understanding hunger and fullness cues. Consulting with a registered dietitian or a healthcare professional can provide personalized guidance tailored to your specific goals and needs.



## 10. Get enough sleep.

Regardless of your health or fitness goal, you won't reach it without adequate sleep. A 2022 review published in *Nutrients* concluded that sleep is critical to weight loss. For example, one study found that individuals who experienced 14 days of calorie restriction experienced less fat loss when they got 5.5 hours of sleep compared to 8.5 hours. This is likely due to the increased production of the hunger hormone ghrelin when you're under slept.



"Poor sleep can disrupt hormones that regulate hunger and satiety, leading to increased calorie intake. Aim for seven to eight hours of quality sleep per night," recommends Best.

## 11. Keep healthy foods front and center.

The adage "out of sight, out of mind" is right on the money regarding eating healthy foods. Keeping junk food high in extra calories, added sugars, and unhealthy fats in the house increases the odds that you'll eat them. Conversely, the more you keep healthy foods on hand and readily available, the more likely you are to eat healthily and lose weight.



"If you keep healthy foods around, you'll eat them more often. That way, the next time you're craving cookies, you'll have to push past all the apples and carrots to get to it, making it more of a challenge to eat them regularly," says Mitri.

According to research from 2016 *Trusted Source*, almost one-third of people's daily energy intake comes from snacking.

Snacks have increased in size *Trusted Source* over time, resulting in people consuming too much between meals.

**However, healthful and homemade snacks can increase fullness and reduce the number of calories that people eat during meals.**

**Healthful snacks include**

**Sitting down and eating a healthful meal with family can also play a role in weight management.**

**Eating at home can reduce fat and sugar intake Trusted Source. Parents or caregivers who cook balanced, nutritious meals for children also often pass these positive habits onto them.**

**THANK YOU**

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