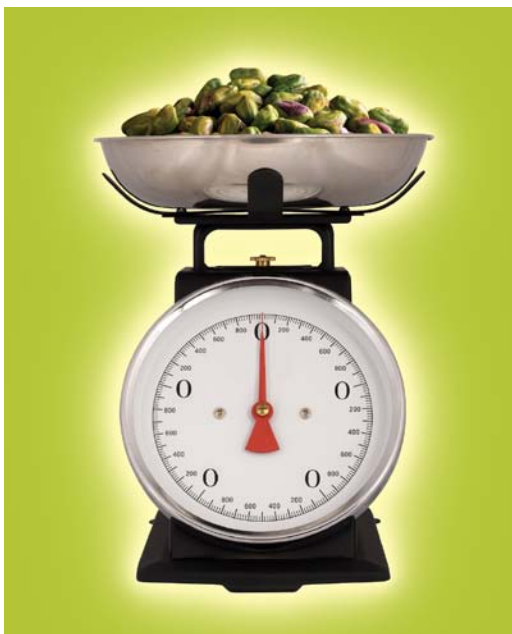


THE PISTACHIO PRINCIPLE OR HOW TO “FOOL YOURSELF THIN”



If you ever found yourself having an extra glass of wine because of the premium label or another bite of pasta just because it tasted so good then “The Pistachio Principle” is for you.

Developed by behavioral eating expert Dr. James Painter, professor and chair of School of Family and Consumer Sciences at Eastern Illinois University, “The Pistachio Principle” is a simple technique that can help keep pounds at bay – without feelings of deprivation.

THIS HOLIDAY SEASON, TRY A FEW OF DR. PAINTER’S TIPS AND TRICKS:



Make use of visual cues

Nuts are a healthy snack choice, but choose wisely. In-shell nuts like pistachios slow consumption; empty shells left behind also serve as an important visual cue. Dr. Painter’s studies show that when empty pistachio shells are left behind, subjects ate 35 percent fewer calories, yet reported feeling equally satisfied with their portions.



Eat with your eyes

We also tend to eat by volume. Another Painter study showed that when subjects were allowed to self-select their snack, calorie consumption dropped by half when in-shell pistachios were chosen versus shelled nuts.



Know that healthy doesn't equal calorie-free

Studies show that individuals often eat more calories of healthier foods, such as olive oil compared to butter, or Subway sandwiches versus McDonald's because they believe that they are better for them.



Reduce the size of plates, bowls and glasses

Eat from smaller bowls, which allow you to eat less and still feel satisfied. And drink from tall, slender glasses rather than short, wide glasses to feel fuller on fewer calories.



Buy smaller portions

Fool yourself thin by buying single serve chips and small-size candy bars in place of family bags. Studies show that large package size increases caloric consumption by an average of 22 percent.



Consider environmental factors and choose meal companions wisely

According to Dr. Painter, bright light and fast music can encourage you to eat faster and ultimately consume more calories. Also, eating with friends generally increases the amount you eat.



Keep impulse foods out of sight and inaccessible

Put healthy snacks like nuts, fruits and vegetables in sight; and chocolate, candy and snacks in the cabinet.