

Sunny's Shape-up Blog

Easy ways not to overeat

One of the favorite stories I've ever edited at *Glamour* is in this month's (October) issue: "13 sneaky things that make women gain weight." It's *amazing* how little things (from how you pack up your leftovers to where you sit in a restaurant) can almost "trick" our brains into making us eat more. Stupid brains!



You should read the [full story](#), but here are three tips from it that I really truly use every day:

1. Use smaller forks and spoons.

Bigger utensils can make you chow more food. "People who eat with smaller spoons tend to feel more satisfied after one serving than those who use bigger silverware," says Illinois food researcher James Painter, Ph.D.

2. Keep snacks/sweets out of sight.

It's a simple Pavlovian truth: "If your eyes see food, your brain wants it," says food researcher Brian Wansink, Ph.D. In one study he found that women ate 25 percent less candy when it was tucked away in a drawer than when it was on their desks. Store high-calorie leftovers in opaque containers or, at the very least, put them behind fruit and veggies in the fridge.

3. Buy single-serve foods.

(You guys already know [how I feel](#) about this one!) The bigger the package you buy, the more you'll eat. One study found that people eat 22 percent more in the same amount of time when food is purchased in larger packages.

Share your tips!

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Sunny Sea Gold, *Glamour's* health articles editor knows a lot about nutrition thanks to her job, but getting a healthy body wasn't any easier for her than the next woman. After dropping 20 pounds with Body by Glamour, she's determined to stay fit and feeling good.

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