



The 6th Annual Granville-Vance Weight Loss Challenge

Week 3 - How BIG is your plate?

Hello Captains and Teammates!

We hope you have had a good week and are still focusing on making small changes that add up over time to a healthier YOU! **Have faith in your ability to make choices that will help you achieve your goals!**

We hope you took the time to *Rate Your Plate* and see if your usual servings are in line with the MyPlate.gov model. Especially be sure that $\frac{1}{2}$ your plate is full of Fruits and veggies - a great way to add satisfaction along with variety and vitamins!

We also hope you are committed to moving more, no matter what the weather or your mood! **Every motion you make is an opportunity to burn calories** - don't waste a minute of your day not moving if you can be fidgeting, or walking in place while on the phone, or standing instead of sitting etc...**it all counts!**

SO - this is what I learned this week from John Dyson, a professor at Cornell University:

People that eat from **large plates**, bowls, and wide glasses **eat and drink MORE** than people who eat from smaller size ones.

THAT's IT - in a nutshell. Americans don't stop eating when we are full, we eat until our plate is empty - regardless of how much is on it!!

SO - **Make sure the plate you eat from is no larger than 10 inches across** - if the new plate is smaller than what you have been using, you will likely start eating less.

Here's the research summary:

Study participants lost an average of 2 pounds/mo by switching to a smaller plate and making no

other changes.

AND their weight loss was higher in month 3 than it was in month one.

Study participants also lost an average of 1.5 pounds/mo by eating only in the dining room or the kitchen

(eg - no eating in front of the TV, or at their desk, or other location not designed for eating a meal).

"Eating" probably means sitting at a table eating a meal, not grazing from a snack bag at the kitchen counter...

So what do you think? **Can you commit to eating only from a 10 inch plate for the duration of the challenge?**

What do you have to lose - besides weight?! At the end of the challenge - compare the amount of food you serve yourself on your new plate with what you used to do on your old plate - is there a difference...?

If you drink anything else than water, try getting yourself a tall thin glass to drink out of - see how that works too! And start to watch whether you eat in other locations besides the kitchen or the dining room. Any chance of limiting that?

Check out [THIS](#) handout to help you recognize the signs of whether you are full or hungry.

Meanwhile - always always always keep moving - Whenever and wherever you can! And please don't forget to **check out our blog: [TheRoad to Better Health](#)** hosted by Heather Robinson. she is posting tips twice a week.

We hope today's message and handouts will be useful for you and that you will **share them with your team mates** as you work towards **EATING SMART and MOVING MORE.**

GOOD LUCK and Best Wishes!

Jackie Sergeant and the ESMM Granville-Vance Weight Loss Challenge Team

Maria Parham Medical Center, Henderson Family YMCA, and the Granville-Vance District Health Department

Granville-Vance District Health Department
115 Charles Rollins Road
Henderson, North Carolina 27536
252-492-7915

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Granville-Vance District Health Department | 115 Charles Rollins Road | Henderson | NC | 27536