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Eat Slower, Lose More Weight

(DallasMorningNews) Still looking for new ways to lose weight? Consider looking at how quickly you eat your meals and how you listen to cues from your stomach.

A recent study of almost 3,300 adults in Japan showed that those people who ate their meals quickly were about twice as likely to be overweight, compared with those who savored their food.

People who ate until they felt full also had twice the risk of being overweight, compared with those who stopped before they felt stuffed.

There's a new food craze that seems to have taken hold in Europe and is spreading to the United States it's called eating your dinner with a blindfold on.

Restaurants like the one at the Sheraton Hotel in Edinburgh, Scotland, are offering their guests a five-course meal that is eaten with a blindfold on, for a mere \$100.

Blocking out the vision seems to heighten one's other senses, including our taste buds; diners also take smaller bites, eat more slowly and savor their food more.

And eating with a blindfold is yet another trick to help you lose weight. Studies have shown that people who eat with a blindfold on are more likely to pay attention to the satiety cues from their stomach and thus stop eating before they become overly full.

A small study done in Sweden in 2003 showed that adult subjects who ate while wearing a blindfold consumed 24 percent less food than their counterparts who could see what they were eating, and without feeling less full.