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University secrets of permanent weight-loss made Kari

151 LBS SLIMMER!

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DROP 20 LBS A MONTH just by changing your plate!
University secrets of permanent weight-loss made Kari 151 LBS SLIMMER!

Discover how you can drop 20 lbs a month—just by changing your plate!

I t’s human nature to do what requires the least effort most of the time, says Mann. The benefit: Powerful Dutch studies show that having a candy dish a bit farther away caused people to eat 84% fewer M&Ms. How tiny an obstacle is that for such a significant result? The main qute Kari created for herself was keeping junk out of her house. “My husband and I used to split pizzas and half gallons of ice cream,” she recalls. “Now we go out for restaurant meals or ice cream once a week. I feel indulged without the drive to eat until I’m sick.”

**Be “lazy” to eat less!** It’s human nature to do what requires the least effort most of the time, says Mann. The benefit: Powerful Dutch studies show that having a candy dish a bit farther away caused people to eat 84% fewer M&Ms. How tiny an obstacle is that for such a significant result? The main qute Kari created for herself was keeping junk out of her house. “My husband and I used to split pizzas and half gallons of ice cream,” she recalls. “Now we go out for restaurant meals or ice cream once a week. I feel indulged without the drive to eat until I’m sick.”

Mann’s research demonstrates that simply exposing to people who make healthy choices prompts us to make more of them ourselves. Kari found a unique way to increase her exposure. Stop watching *The Biggest Loser*. I had felt too ashamed to watch it at 300 pounds, but once I was on a better track, I didn’t rely on it anymore. “I would grade when my husband would introduce me. He loved me at any size, but I was embarrassed that he was stuck with me,” she recalls. “And guilt associated with overeating food proved no more comforting than no food at all.” Mann believes knowing this can help us gravitate to more nutritious choices after a stressful day.

Mann also notes you can simply divvy up your food—like splitting pizzas and half gallons of ice cream—spaced several hours apart. She found this was effective in Mann’s lab. Without ever counting a number of the same strategies proven most effective in Mann’s lab. Without ever counting a single calorie or measuring a single portion, Kari has shed 113 pounds. “I never dreamed I could be this small!” she marvels. Mann is also wowed. “Even with all the research, it’s still amazing to see how well motivated individuals work in real life.”

Secrets from the eating lab!

“Our most likely to succeed at weight-loss—or any goal—if we make little changes so that self control isn’t needed,” says Mann. Prime examples:

- **Pre-shrink portions!** The more food we have available to us, the more we eat, Mann says. Why? It’s likely a leftover mindset that got our primitive female forefathers to overeat. To outsmart it today, try serving yourself from smaller packages or bowls. One study found that getting cookies from smaller bowls led people to eat 81% less! Kari, for example, aims to buy foods in individual servings when possible. Mann also notes not to keep junk food like cereal and chips within easy reach of those who need to eat sensible portions of healthy food most of the time.

Watching the right TV! Mann’s research demonstrates that simply exposing yourself to what people who make healthy choices prompts us to make more of them ourselves. Kari found a unique way to increase her exposure. Stop watching *The Biggest Loser*. I had felt too ashamed to watch it at 300 pounds, but once I was on a better track, I didn’t rely on it anymore. “I would grade when my husband would introduce me. He loved me at any size, but I was embarrassed that he was stuck with me,” she recalls. “And guilt associated with overeating food proved no more comforting than no food at all.”

- **Try comfort food’s alternative!** “I had to do one study four times to believe it. We tasted everything—savory, sweet. In some cases, comfort food proved no more comforting than food we did eat!” Mann says. “And guilt associated with overeating comfort food often makes us feel worse!” Mann believes knowing this can help us gravitate to more nutritious choices after a stressful day. She notes a far more effective option: Even less downside, more upside! But once I was on a better track, I didn’t rely on it anymore. “I would grade when my husband would introduce me. He loved me at any size, but I was embarrassed that he was stuck with me,” she recalls. “And guilt associated with overeating food proved no more comforting than no food at all.”

- **Be “lazy” to eat less!** It’s human nature to do what requires the least effort most of the time, says Mann. The benefit: Powerful Dutch studies show that having a candy dish a bit farther away caused people to eat 84% fewer M&Ms. How tiny an obstacle is that for such a significant result? The main qute Kari created for herself was keeping junk out of her house. “My husband and I used to split pizzas and half gallons of ice cream,” she recalls. “Now we go out for restaurant meals or ice cream once a week. I feel indulged without the drive to eat until I’m sick.”

- **Switch to “magic” plates and bowls!** Because perception affects better on smaller din- nerware, no one perceives as much food on a smaller dish. In a famous study, folks using smaller bowls and plates felt 100% content with 30% less food. Kari realized this on her own and purchased smaller divided bowls, including a favorite that “had a smaller compartment for pre- serving and a bigger compartment for veg- gnings,” she says. “It always seemed like a lot of food to me. And I never had to measure anything—I just filled the compartments!”

- **Serve lots!** Research confirms that the more veggies you have available, the more you’ll eat. In Kari’s case, eating veggies intake, too.

- **Make ‘em easy to grab!** Mann found that at salad bars, people who use lots of these foods have to reach the slightest bit farther to get them. This is a bowl of whole baby carrots—easy to access, and you’ll eat about three times more!”

- **Serve your veggies!** Research proves that the more veggies you have available, the more you’ll eat. In Kari’s case, eating veggies intake, too.

Stay on track with these tips and more—presented in your food.*

“Savor each bite of your food,” suggests Kari. “It’s not only the enjoyment of your meal that will enhance your taste buds, it can help you feel satisfied with a smaller portion!”

**Steal Kari’s tricks—and get slim!**

Kari Ianuale didn’t allow a set diet to lose 151 pounds. Instead she stuck to some simple secrets that made it easier for her to eat sensible portions of healthy food most of the time. To follow her lead, start by using a special divided plate/bowl (like the one pictured, below) or simply begin serving yourself on eight-inch salad plates and small ramkin instead of traditional dinner plates and cereal bowls. When choosing what to eat, use common sense (Kari aimed to make most meals and snacks using foods with no ingredient labels—like fruit, veggies, oatmeal, chicken, milk). And take little steps to make fruit and veggies the easiest option for you to grab and eat—maybe keeping fruit on the counter and tasty salad fixings ready to go on the top shelf of the fridge. What about snacks? Kari enjoyed them, just making sure to portion them out in advance. What about treats? Kari allowed herself a cheat day once a week when she eats anything she wants!

**Sample Snacks**

**Option 1**

- Smoked salmon˚
- Nuts
- Raw veggies
- Whole wheat pasta
- A few small meatballs

**Option 2**

- Small compartment: Whole wheat pasta
- A few small meatballs
- Large compartment: Fruit

**Option 3**

- Small compartment: Whole wheat pasta
- A few small meatballs
- Large compartment: Fruit

**Sample Dinners**

**Option 1**

- Small compartment: Sliced pork over sweet potato
- Large compartment: Sautéed apple and cabbage

**Option 2**

- Small compartment: Stile fried shrimp with rice
- Large compartment: Sautéed vegetables

**Option 3**

- Small compartment: Whole wheat pasta and a few small meatballs
- Large compartment: Sautéed vegetable

**Sample Breakfasts**

**Option 1**

- Small compartment: Oatmeal prepared with milk
- Large compartment: Fruit

**Option 2**

- Small compartment: Eggs scrambled in olive oil, half a slice of whole-grain toast
- Large compartment: Sautéed vegetables

**Sample Lunches**

**Option 1**

- Sliced chicken breast
- Large compartment: Fruit

**Option 2**

- Large compartment: Sautéed vegetables

**Option 3**

- Large compartment: Sautéed vegetables

**Sample Cups**

**Option 1**

- Yogurt
- Large compartment: Fruit

**Option 2**

- Large compartment: Fruit

**Option 3**

- Yogurt

**Sample Biscuits**

**Option 1**

- Sliced chicken breast
- Large compartment: Fruit

**Option 2**

- Large compartment: Fruit

**Option 3**

- Yogurt

Photos: Biggest Loser Network, Zak! Designs (3), Shutterstock, courtesy of Zak! Designs (3), Shutterstock, courtesy of subject.