Your house may have an effect on your figure. experts say the way you design your home could play a role in whether you pack on the pounds or keep them off. you can make your environment work for you instead of against you. Here are some ways to turn your home into part of your diet plan.

Open the curtains and turn up the lights. dark environments are more likely to encourage overeating, for people are often less self-conscious(难为情) when they’re in poorly lit places – and so more likely to eat lots of food. If your home doesn’t have enough window light, get more lamps and flood the place with brightness.

Mind the colors. Research suggests warm colors fuel our appetites. In one study, people who ate meals in a blue room consumed 33 percent less than those in a yellow or r学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！ed room. Warm colors like yellow make food appear more appetizing, while cold colors make us less hungry. So when it’s time to repaint, go blue.

Don’t forget the clock – or the radio. People who eat slowly tend to consume about 70 fewer calories(卡路里) per meal than those who rush through their meals. Begin keeping track of the time, and try to make dinner last at 30 minutes. And while you’re at it, actually sit down to eat. If you need some help slowing down, turning on relaxing music. It makes you les学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！s likely to rush through a meal.

Downsize the dishes. Big serving bowls and plants can easily makes us fat. We eat about 22 percent more when using a 12-inch plate instead of a 10-inch plate. When we choose a large spoon over a smaller one, total intake(摄入) jumps by 14 percent. And we’ll pour about 30 percent more liquid into a short, wide glass than a tall, skinny glass.