

» Cars » Auto Financing » Event Tickets » Jobs » Real Estate » Online Degrees » Business Opportunities » Shopping

Search \_\_\_\_\_

How do I find it?

Subscribe to paper

**BRIGHTER THAN THE SUN**  
Rates as low as **\$67** **BOOK NOW**



Home News Travel Money Sports Life Tech Weather

Become a member of the USA TODAY community now! Log in | Become a member What's this?



News » Health & Behavior Swine Flu Your Health: Kim Painter Weight Loss Challenge Medical Resources Health Information



Dietitian Edith Howard Hogan offers strategies on how to "portion control" your kitchen.

Featured video

**Pet prayers**  
L.A. church starts 30-minute service for pet-lovers.

**N.J. gov. race**  
GOP's Christie bounces back into politics with win.

**Talking Tech**  
The Contour is a new wearable HD camera.

More: Video

Ads by **Acblade™**

**Blood Pressure Miracle**  
Hugh Downs reports on breakthrough artery clearing secret. [Learn more](#)

**Your Belly is Full of Junk!**  
Learn the trick to removing the undigested food inside of you... [Learn more](#)

**'See How A Mom Drops 53Lbs!'**  
See how a mom of 3 drops 53lbs by obeying this 1 old rule... [Learn more](#)

**Muscle Building Miracle?**  
Incredible scientific discovery fuels muscle growth naturally. Endorsed by famous UFC fighter... [Learn more](#)

**Attn: Storrs Mansfield Homeowners**  
Homeowners Fail to Take Advantage of Obama Housing Plan. \$90k Under \$499/Mo. Calculate New Payment [Learn more](#)

# Make the healthy diet choice the easy choice

Posted 6d 19h ago | Comments 5 | Recommend 4 E-mail | Save | Print | Reprints & Permissions | [RSS](#)

## TIP THE SCALES IN YOUR FAVOR



Three inexpensive ideas that might boost weight loss:

- Enlist help from family members who eat with you on a regular basis.
- Use a bathroom scale to weigh yourself regularly.
- Eat from smaller plates.

Source: University of Connecticut

WASHINGTON — Dieters can boost their weight loss if they clean up their act at home and get a partner to lose weight with them, a new study shows.

If you want to trim down, you should set up your home to make the healthy choice the easy choice, says Amy Gorin, assistant professor of psychology at the University of Connecticut.

### DIET DRUGS: 3 new prescriptions for obese in FDA pipeline

She presented her research Wednesday at the annual meeting of the Obesity Society, a group of weight-loss researchers and professionals.

Gorin and colleagues recruited 201 overweight and obese people and divided them into two groups.

Participants in one group got a six-month behavioral weight-loss program that emphasized a low-fat, low-calorie diet and moderate intensity physical activity. They met weekly with weight-loss experts and learned how to keep food journals and work through tempting eating situations.

The other group got the same weekly weight-loss program with professional help. They also:

- Had an overweight partner participate in the weight-loss program with them. This was either a spouse or another adult who lived in the same home.

### FRIENDS: Help carry the burden of dieting

- Were given a piece of exercise equipment (a treadmill or exercise bike), bathroom scales, a full-length mirror, healthy cooking and fitness magazines and smaller dinner plates that were about the size of salad plates.

### TIPS: Buying the right treadmill or trainer

- Were encouraged to watch less television.

At the end of six months, dieters with a partner and extra equipment at home lost an average of 20 pounds; their partners also lost a substantial amount of weight. Dieters in the weight-

Share

Yahoo! Buzz

Add to Mixx

Facebook

Twitter

More

Subscribe

myYahoo

iGoogle

More

## DIETING ON A DIME

**Full coverage:** Weight-Loss Challenge news, blogs, video tips, recipes and more



**How they lost:** Follow dieters' days on Twitter | Ex-surgeon, new bride, homeschooling mom



**Videos:** Healthy breakfast for \$1 | Lunch for \$2 | Dinner for \$4 | 8 easy and innovative diet tips



**Your plan:** Which of these 21 diets is best for you?



**Dieting:** Get a light body on a



## Related Advertising Links

What's This?

**Do NOT Pay For White Teeth**  
Mom's Whitening Method Exposed. The Results WILL... [www.consumertipsweekly.net](#)

**Storrs Mansfield: Mom Makes \$67/Hour!**  
Mom makes \$7,000/Month! Read her story to find out... [www.TheDailyVoice.net](#)

tight budget | Cook smarter, spend less, weigh less | Experts tips from 5 books

**Kid-friendly:** Dietitians' advice on improving children's diets | Healthy nuggets recipe | Taters



MORE RESOURCES ▾

loss advice group lost about 15 pounds.

"Making concrete and real changes to the home make it much easier to stick with a healthful eating and exercise program," Gorin says.

Daily Briefing E-mail Newsletters

Sign up to get:

- Nation's top news
- Money, Sports, Life, Travel, Tech and more



Sign Up Now

You might be interested in:

- [Ariz. woman allegedly hit with car by Iraqi father dies](#) (USATODAY.com in News)
- [Older and obese patients most likely to die from H1N1](#) (USATODAY.com in News)
- [More walk away from homes, mortgages](#) (USATODAY.com in Money)
- [Low cholesterol may prevent some prostate cancers](#) (USATODAY.com in News)

Yahoo! Buzz Mixx

Posted 6d 19h ago

E-mail | Save | Print | Reprints & Permissions | **RSS**

To report corrections and clarifications, contact Reader Editor **Brent Jones**. For publication consideration in the newspaper, send comments to [letters@usatoday.com](mailto:letters@usatoday.com). Include name, phone number, city and state for verification. To view our corrections, go to [corrections.usatoday.com](http://corrections.usatoday.com).

**Guidelines:** You share in the USA TODAY community, so please keep your comments smart and civil. Don't attack other readers personally, and keep your language decent. Use the "Report Abuse" button to make a difference. [Read more.](#)

You must be logged in to leave a comment. [Log in](#) | [Register](#)

Empty comment box

Submit



Post this comment to Facebook?

Comments: (5) Showing:  Newest first  New: Most recommended!



**Abdel Hameed M.S** (7 friends, [send message](#)) wrote: 6d 2h ago

Diet stratgies are individualistic plans that can outline health(We are what we eat).We shouldn't take greater risks by depending on junk food,fast fod meals.The best diet is the one that solely accounts on organic style.

[Recommend](#) | [Report Abuse](#)



**Thai Guy** (74 friends, [send message](#)) wrote: 6d 7h ago

"Calories" are a unit of measurement that tell us how good food tastes. Until that changes, you can make healthy choices as easy as you want to - most of us are going to opt for tasty choices!

[Recommend](#) | **1** | [Report Abuse](#)



**c laird478** (13 friends, [send message](#)) wrote: 6d 16h ago

I suspect that the 'partner' was someone the researchers recruited to rat on the dieters if they cheated, and the 'partner' had to watch the dieter like a hawk to catch them at it if they tried to cheat to be effective. Otherwise they would have had my experience with obese people.

They have more tricks than Houdini at procuring vast quantities of junk food and getting it down their gullets while you aren't watching, like that two minutes you went to the restroom in the afternoon during which they ate two double quarter pounders, a large order of fries, a large chocolate milk shake, two chocolate chip cookies, and an apple pie and washed it all down with a large cola drink. You know, their typical light afternoon snack.

And they will claim that they have done more exercise than a triathlete marathoner when no one was around to observe them do it. But won't hardly get up off the couch when anyone is actually watching them.

Then at the end of the day, when they are weighed and have gained several more pounds, they will claim that they haven't had a bite to eat all day and jogged around the block a million times, so it must just be their slow metabolism.

[Recommend](#) | [Report Abuse](#)



**The Mick** (32 friends, [send message](#)) wrote: 6d 16h ago

Another way to make the healthy choice easy is to make several batches of time-consuming dishes and freeze all but the one you're preparing to eat. This is sometimes called OAMC (Once A Month Cooking) and you can search recipezaar.com and other sites for OAMC recipes that range from traditional English cauliflower with cheese (a healthier alternative to mac and cheese) to sweet salsa chicken (chicken pieces marinated in a sweetened veggie salsa, then frozen for later thaw-and-bake use where the sauce can be served over something easy to prepare like cooked rice).

And I agree with Twirl - a good walk is great exercise.

Recommend 2 | Report Abuse



Twirl (19 friends, [send message](#)) wrote: 6d 19h ago

Everyone needs to exercise daily.

If you don't move you should not eat a lot.

But they put so much junk in the foods that make you unhealthy.

A good walk is great exercise!

Recommend 4 | Report Abuse

Sponsored Links

**Do NOT Pay For White Teeth**

Learn the trick discovered by a Mom to turn yellow teeth white for \$5. [www.consumerstipsweekly.net](http://www.consumerstipsweekly.net)

**Storrs Mansfield: Mom Makes \$67/Hour!**

Mom makes \$7,000/Month! Read her story to find out how she did it. [www.TheDailyVoice.net](http://www.TheDailyVoice.net)

**Unemployed Man Makes \$77/Hr (Online)**

Guy makes \$8,673/Month Part-Time! Read this special report to see how. [InternetJobNews.com/local-report](http://InternetJobNews.com/local-report)

[Get listed here](#)



**Storrs Mansfield - Mom Lost 47lbs Following 1 Rule**

I Cut Down 47 lbs of Stomach Fat In A Month By Obeying This 1 Old Rule [Get details...](#)



**Storrs Mansfield Residents: Make \$63/Hr Part-Time!**

\$63/hr part-time jobs open. Requirements: Just a computer. [Explore now...](#)

**Newspaper Home Delivery - Subscribe Today**

[Home](#) • [News](#) • [Travel](#) • [Money](#) • [Sports](#) • [Life](#) • [Tech](#) • [Weather](#)

**About USATODAY.com:** [Site Map](#) | [FAQ](#) | [Contact Us](#) | [Jobs with Us](#) | [Terms of Service](#) | [Privacy Policy/Your California Privacy Right](#) | [Advertise](#) | [Press Room](#) | [Media Lounge](#) | [Reprints and Permissions](#)

**News Your Way:** [Mobile News](#) | [Email News](#) | [Add USATODAY.com RSS feeds](#) | [Podcasts](#) | [Widgets](#)

**Partners:** [USA WEEKEND](#) | [Sports Weekly](#) | [Education](#) | [Space.com](#)

Copyright 2009 USA TODAY, a division of Gannett Co. Inc.