

51 ° F HARTFORD, CT
HIGH: 51° LOW: 37°

Locals are furious about Jim Nantz's alimony payments

VIEW TRAFFIC IN

Search

GO

Shop Online, Lose Weight

By STEPHANIE HOEY

Updated 6:54 AM EST, Wed, May 20, 2009

BUZZ UP! TWITTER FACEBOOK



There are some unexpected benefits to shopping online. Local researchers have found that going to the internet for your groceries might not only save you money, but it might actually help you lose weight.

Tara Barros, of Old Saybrook, shops online for groceries regularly using Peapod. The service is convenient because food is just a click away and it helps her family eat healthier by avoiding crowded aisles and impulse buying.

"When you go to the store, especially like me at 6 or 7 o'clock at night after working all day, you're going buy M&Ms and crunch bars, and all sorts of things you shouldn't be buying. But with the Peapod, you can stick to your list," Barros said.

A study from UConn psychology professor Amy Gorin shows that services like Peapod are much more than a time saver. They can actually help people shed pounds.

"It decreased impulse purchases. They weren't swayed by the smells of the food or the sales that were happening at the store. They really stuck to their list," Gorin said.



Save Money and Pounds with Online Groceries

During the eight-week study, 28 people participated in a weight-loss program. Half of them shopped on Peapod and the other half simply went to the store.

"We found by using the online service people were really able to cut back on the amount of high fat foods they had in their home. So, reduced it by up to 40 percent," she said. "We also found the more times people used the ordering service the better their weight losses were, so there was an association there."

Even though the service comes with a delivery fee for each order, Gorin said many customers still find themselves spending less overall. You can easily dump items from your cart online and that's not all.

0%

0%

0%

0%

0%

0%

Select

0 COMMENTS

0 comments | SHARE | 100%

Introducing The 60-Day Satisfaction Guarantee.

GMC
MAY THE BEST CAR WIN.™
Click here for details and limitations »

Check It

2 of 12

mysiania | Nov 3 at 11:50 AM

When are the laws going to get stiffer regarding talking and texting on cells? How many people have to die?

5 hours ago

Town-by-Town Election Results

Voter turnout was mixed, as local government posts were up for grabs in all but seven of our 169 cities and towns, according to Secretary of the State Susan Bysiewicz. Voting results are still trickling in.

"One of the most powerful things in shopping is just being exposed to products," Gorin said.

For now, with a busy schedule Barros will continue turning to the World Wide Web for her groceries.

"At 8 o'clock, when you get the munchies, it's not here to go right on your hips," Barros said.

First Published: May 18, 2009 2:06 PM EST

BUZZ UP! TWITTER FACEBOOK



Nov 4, 2009

To Strike or Not to Strike: Hospital Union Will Vote

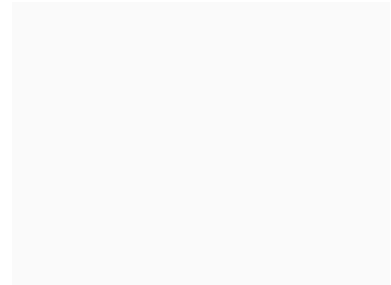
It's decision day for nurses and technicians at Lawrence & Memorial Hospital. They will decide whether or not they will go on strike soon.

5 minutes ago

Town Gets Man's Goat(s)

Once, Daniel True's family had a whole lot of land in Southington, but that was then. Now, begins the problem for his goats.

Eww! Celebrities



1 2 3 4 5

5 hours ago

Nov 2, 2009

3 hours ago

Town-by-Town Election Results

Game of the Week #8 (11/6/09)

Falling Beam Kills Construction Worker

0 COMMENTS

0 COMMENTS

Empty text input box for comments

YOU HAVE 2000 CHARACTERS LEFT

POST ANONYMOUSLY PUBLISH TO FACEBOOK Submit Quer

- Vertical list of comment icons



MORE STORIES CURRENT OFFERS GET A QUOTE GET SOMETHING YOU CAN TRUST. TOYOTA

NBC MARKETPLACE

1 Flat Stomach Rule: Obey

Learn How a Mom Combined 2 Products and Lost 53 Pounds in 2 Months RachelRayJournal.com

Win an Alaska cruise!

Enter to win a cruise for two and request your free Alaska guide. www.hollandamerica.com

Obama Wants You Educated.

Billions Have Been Set Aside in Grants. Take Advantage & Start Earning a Degree. www.ObamasEducationPlan.org

Advertise Here

Local Beat | Politics | Weird | Sports | Tech | Breaking

Celebrity | Movies | Television | Music

Food & Drink | Fashion | Shopping | Events | Real Estate | Cars | Debates

Email Alerts & Newsletters | Mobile Alerts | Mobile | RSS | Weather Forecast | Traffic | TV Listings

REGISTER | NBC Connecticut TV | NBC.com | LX.TV | iVillage | Access Hollywood | Bravo | CNBC | Television Without Borders | **SEND US STORY TIPS: TIPS@NBCCONNECTICUT.COM**

[Archive](#) | [Feedback](#) | [Contact Us](#) | [About Us](#) | [Advertise](#)

© 2009 NBC Universal, Inc. All rights reserved. Portions by Broadcast Interactive Media. [Terms Of Service](#) | [Privacy Policy](#)