



Good Health & Medicine

April, 2009

Page: 116

Section: General News

Region: National Circulation: 70,013

Type: Magazines Lifestyle

Size: 2,351.39 sq.cms.

Published: Monthly

Brief: AUSPOOCH
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NUTRITION

11 diet tweaks

Fine-tune your diet and watch those kilos drop off, writes Helen Foster

9 Use the ATTF rule

New research from Osaka University in Japan has found people who eat quickly are three times more likely to have weight issues than those who eat slowly – simply because they are less likely to realise when they are full. To slow down and prevent yourself from inhaling your meal, dietitian Amanda Clark suggests following the ATTF technique.

"For every mouthful you eat, note the aroma, texture, temperature and flavours and aim to identify every different



taste in your mouth before swallowing."

And remember, when food stops tasting good and starts tasting bland, that's your body's internal cue that it's getting full. Stop eating at that point and weight loss will be effortless.