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## UK NEWS

# TALKING PLATE WILL STOP YOU OVER-EATING



Monday November 21, 2011

**By Geoff Maynard**

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**TALKING** plates which tick off people for scoffing their food are to be out by the NHS in an attempt to tackle obesity.

The Swedish-made £1,500 Mandometer barks out phrases such as "please eat more slowly" if it finds that food is leaving the plate too swiftly.

The device uses a scale which measures how quickly food is going off the plate

**The Swedish-made £1,500 Mandometer barks out phrases such as "please eat more slowly"**

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If it detects that diners are eating unhealthily speedily, a warning will also flash up on a screen.

NHS chiefs are to try out the plates in a study run by Bristol university. It will involve 600 families each with an obese parent and an obese child.

A previous study found that young people ate up to 15 per cent less after a year of using plates.

Per Sodersen, one of the founders of the company which invented the Mandometer, said: "Telling an obese person to diet will not work because dieting slows down the metabolism in preparation for starvation.

**“What is more important is the speed at which you eat and to recognise**

“What is more important is the speed at which you eat and to recognise when you are full, so you eat less.”

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when you are full

Per Soderesen, one of the founders of the company which invented the Mandometer

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