



Updated: Mon., Nov. 21, 2011, 7:07 AM

## ‘Dishing’ out health advice

By TIM PERONE

*Last Updated:* 7:07 AM, November 21, 2011  
*Posted:* 12:57 AM, November 21, 2011

Slow down — chew your food!

In an effort to combat obesity, British researchers are testing a new “smart plate” that warns people to slow down if they are eating too quickly.

The Mandometer places a plate on a scale that measures how quickly food is disappearing, Britain's Daily Mail reports.

If someone is gorging, a warning will flash, reading, “Please eat more slowly,” the paper said.

---

NEW YORK POST is a registered trademark of NYP Holdings, Inc.  
NYPOST.COM , NYPOSTONLINE.COM , and NEWYORKPOST.COM are trademarks of NYP Holdings, Inc.  
Copyright 2011 NYP Holdings, Inc. All rights reserved. [Privacy](#) | [Terms of Use](#)

---