

## Health & Beauty

In association with **ES Magazine**



**Dr Christian Jessen**  
23 Nov 2011

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A rather clever invention has appeared and is being offered by the NHS to overweight families as a trial to try to help them get back in control of their eating habits and weight. It's a talking plate, which warns people to eat more slowly. It cost around £1,500, but if effective could save the NHS a fortune by reducing obesity-related health problems in the future, a cost that is currently crippling the NHS and may well be its death knell in the future.



Weight loss on a talking plate: It works by weighing the food and calculating the rate at which it disappears

It works by weighing the food and calculating the rate at which it disappears. A graphic shows a healthy speed at which the user should be eating, and compares it with their actual rate. If they are guzzling too quickly then a helpful computer voice reminds them to slow down and to think about how they are feeling.

It is based on very sound and simple science. We have long known that those who wolf their food tend to put on more weight than those who linger over their food and chew each mouthful 20 times. In fact a Japanese study that monitored the eating habits of 3,000 people found that men who eat fast were 84 per cent more likely to be overweight.

Investigation has shown that speed-eating overrides the mechanisms that tell the brain that the stomach is full. Levels of a hormone called ghrelin, produced when the stomach empties, decrease as the stomach fills with food. But it takes around 20 minutes for this message to reach the brain, and a fast eater can pack away a huge number of calories in that time.

Most of us learn to eat quickly as children, a skill necessary to ensure that we get second helpings or so that we can leave the table as quickly as possible and get back to more exciting pursuits. It could well be the shortage of time that we all now suffer from that is a major cause of our current obesity crisis.

While this plate will certainly have its critics and many will think the £1,500 that it costs should be spent on life-saving drugs instead, we have to admit that diets rarely work and bariatric surgery is considerably more expensive and comes with significant risks. If this simple idea works it may well be the saviour of future generations. I only wish that I had thought of it first.

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Please tell me this a joke - a frickin Fat Nav?!

- MiJoDo, London, 23/11/2011 15:56

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Thats certainly freaky! But something tells me it will work! I've learned in my weight loss journey that taking the time to enjoy your food instead of whoffing it down works well! Well done, now just reduce the price and make it reachable to everyone. Howabout a plate that vibrates more if you eat too fast. Cheap solution instead of a voice synthesis system right?

Ryan Parker

Zdiets.net - Lost 170lbs, No more Diabetes, No more Hypertension, No more Cholesterol Issues.

- Ryan Parker, Burmingham, UK, 23/11/2011 13:10

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