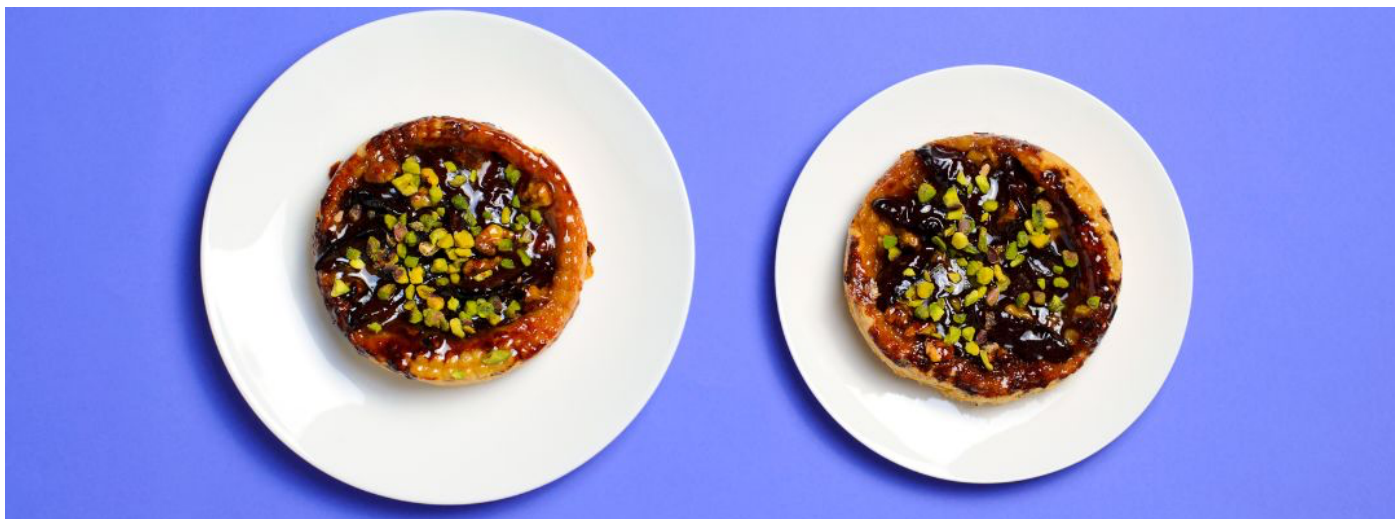


Plate size matters!



- Choosing a 9-inch plate over a 12-inch one reduces the surface area by 44% and [helps you reduce your caloric intake to support weight loss.](#)
- Think about the plate model, which provides another approach to controlling your food portions! It involves mentally dividing your plate into three sections and allocating each section to a specific food group.