

# Talking plate being tested to cut obesity

by **Tom Parry**, Daily Mirror **21/11/2011**

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Let it touch the sides, why don't you?

That's what you might hear from a new talking plate that tells people off for eating too fast.

It is the latest weapon in the war against obesity.

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Experts believe eating slowly helps us eat less – so overweight families could be given nagging plates to see if they can change habits. Children lost weight by cutting portion

sizes in a previous study of the device, a mandometer.

Per Sodersen, who helped devised the £1,500 plate, said: "Telling an obese person to diet will not work because dieting slows down the metabolism in preparation for starvation.

"More important is the speed you eat and to recognise when you're full."

Food for thought.

[plate weight](#)

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