

How a Light Lunch Could Help You Lose Weight

August 31, 2011

LiveScience:

When we skimp on a meal, we usually end up feeling deprived, ultimately making up for it later by eating a little more — sometimes a lot more.

But a new study shows that eating a portion-controlled lunch won't leave you leave you feeling ravenous, and could actually help you lose 25 pounds within a year.

“Making small reductions in energy intake to compensate for the increasing number of calories available in our food environment may help prevent further weight gain, and one way of doing this could be to consume portion-controlled lunches a few times a week,” study co-author Carly Pacanowski, a doctoral student at Cornell University, said in a statement.

Read the full story: [LiveScience](#)