[IMAGE]

Quiet Down! I'm Eating

By Editorial Staff

Can't seem to shake those last few (or even the first few) pounds? It might be a simple <u>question of calories</u>. After all, while weight loss is a complex endeavor on a certain level, it's fairly straightforward in this sense: The less calories your body takes in (either by consuming less or burning more), the greater the chance of losing weight. (One pound equals 3,500 calories.)

That said, recent research suggests some people might be damaging their ability to cut calories – and it has nothing whatsoever to do with the type of food they're eating. According to the study, people who eat in a loud environment are more likely to consume more calories compared to people who eat in a more quiet setting.

Researchers compared two groups (71 total participants). All participants wore headphones during the investigation. Members of the first group ate a bowl of pretzels while listening to soft levels of white noise, while members of the second group ate pretzels while listening to louder white noise. Guess what? The group that heard louder noise ate nearly 50 percent more pretzels than the other group.

The researchers speculate that hearing yourself eat may serve as a "consumption monitoring cue," much like seeing how much food is left <u>on your plate</u> helps you monitor how much you've eaten. The bottom line: Whenever possible, keep it quiet when you're eating – your body will thank you for it.

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