

5 tricks to losing weight by reorganizing your kitchen

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Trying to lose weight? A kitchen makeover may be the first step you need to take. Your everyday surroundings can have a big impact on what foods you eat and how often you eat.

Research shows that people who keep a box of breakfast cereal visible on their kitchen counter weigh about 20 pounds more than those who don't. And if you enter your house through your kitchen door, you will weigh more than people who come home through their front door.

Making changes — big and small — to the world around you can be much easier than using willpower to avoid unhealthy foods and overeating. And those changes can lead to big improvements to your overall health with less work.

Here are five simple ways to rearrange your kitchen for healthier eating habits:

1 Keep healthy food in sight. Rearrange your cabinets, pantry, and fridge so that the first foods you see are the healthy ones. Take the fruit and vegetables out of the bottom drawer of your fridge, and put them on the top shelves. Keep a bowl of fruit by the front door, or put a bowl of nuts on the kitchen counter. When you are hungry or in a rush, you are more likely to grab the first item you see.

2 Hide the unhealthy food. Make tempting foods invisible and inconvenient. Put unhealthy snacks in hard-to-reach places, such as a top cabinet that requires a step ladder. Or better yet, don't bring them into the house at all.

3 Make your kitchen less lounge-friendly. The more time you spend hanging out in your kitchen, the more you will eat. Keep comfortable chairs, TVs, and computers out of the kitchen.

4 Don't serve food on the table. People tend to serve themselves seconds and thirds when food is right in front of them, even if they are already full. Move the serving dishes to the counter top or stove, and have people get up if they want more.

5 Use smaller plates. Eating food from a smaller plate or bowl is an easy way to eat less. Your mind will trick you into thinking you are eating a larger portion size than you actually are, and you will feel just as full.

For most people, willpower alone won't conquer bad eating habits. Don't let your kitchen and surroundings work against you — set yourself up for success by making it a space that inspires healthy choices.

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