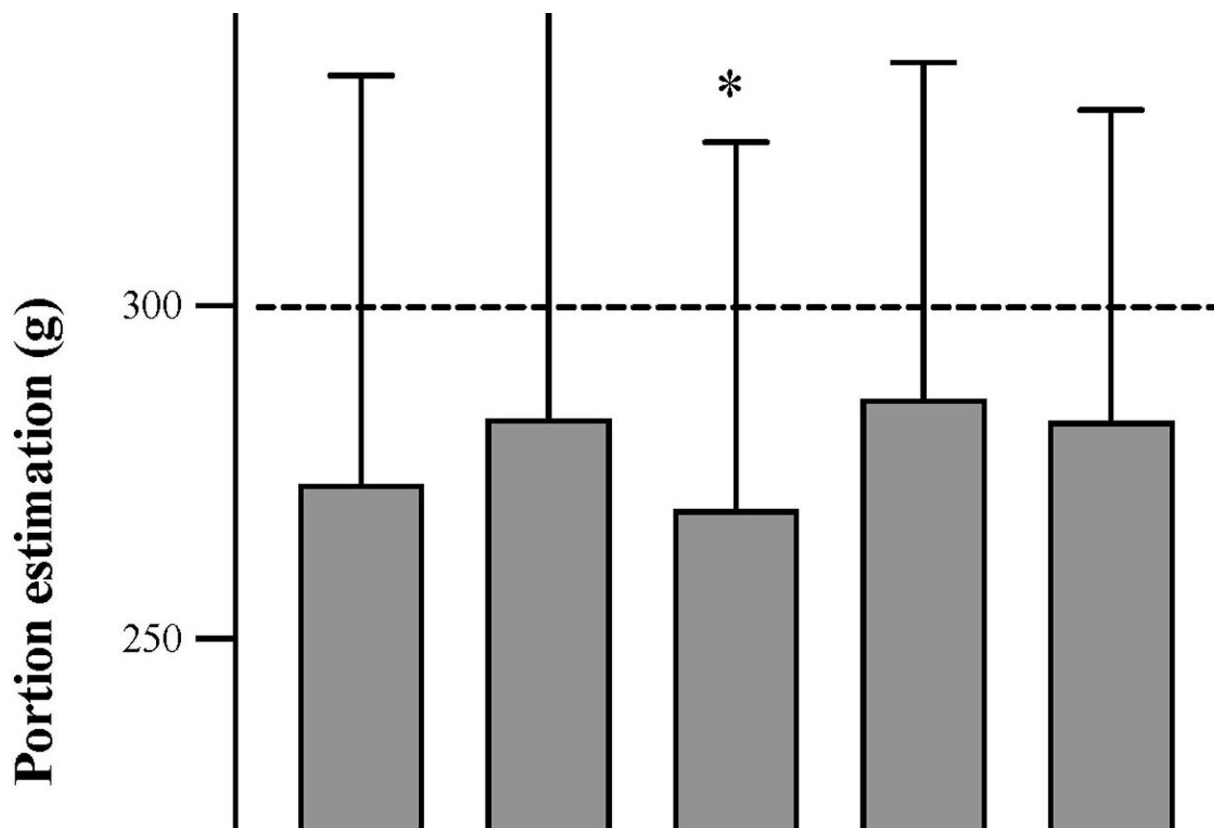


Imagining a recent meal as larger than reality may reduce snacking, study finds

March 7 2023



Mean weight (g) of estimated portion sizes across the experimental conditions. The dashed line denotes true weight of the lunch portion served. Note:

* = significant at p

Citation: Imagining a recent meal as larger than reality may reduce snacking, study finds (2023, March 7) retrieved 11 May 2024 from <https://medicalxpress.com/news/2023-03-meal-larger-reality-snacking.html>

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