



Restaurants



Workplaces



*Grocery
Stores*



Homes



Schools

SLIM

BY

DESIGN

MINDLESS

EATING

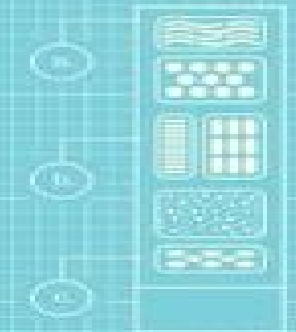
SOLUTIONS

FOR EVERYDAY LIFE

BRIAN WANSINK, Ph.D.

Author of

MINDLESS EATING



Ebook Slim Design Brian Wansink

Brian Wansink



Ebook Slim Design Brian Wansink:

Slim by Design Brian Wansink, 2016-04-26 In this paradigm shattering book leading behavioural economist and food psychologist Brian Wansink dubbed the Sherlock Holmes of food and the wizard of why offers a radical new philosophy for weight loss The answer isn't to tell people what to do it's to set up their living environments so that they will naturally lose weight Using cutting edge never before seen research from his acclaimed Food and Brand Lab at Cornell University Wansink reveals how innovative and inexpensive design changes from home kitchens to restaurants from grocery stores to schools and workplaces can make it mindlessly easy for people to eat healthier and make it more profitable for the companies who sell the food In *Slim by Design* Wansink argues that the easiest quickest and most natural way to reverse weight gain is to work with human nature not against it He demonstrates how schools can nudge kids to take an apple instead of a cookie how restaurants can increase profits by selling half size portions how supermarkets can double the amount of fruits and vegetables they sell and how anyone can cut plate refills at home by more than a third Interweaving drawings charts floor plans and scorecards with new scientific studies and compelling insights that will make you view your surroundings in an entirely fresh way this entertaining eye opening book offers practical solutions for changing your everyday environment to make you your family and even your community slim by design

Healthy Little Eaters Wal Herring, 2016-02-29 How to help your children make healthy food choices throughout their lives The choices we make influence our children in ways we are not always aware of This book helps readers recognise their hidden assumptions about food and the ways we can offer food options to children that help them make good choices and not just while Mum and Dad are watching Packed full of brilliant ideas that will make you really think about how you see food this book also offers practical suggestions and action steps to set your children on a healthy pathway for a lifetime You will gain confidence through seeing the bigger picture and will be able to choose eating habits that fit your particular lifestyle Use this book to make your mealtimes less stressful and more enjoyable

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