



The 15-Minute Cravings Cure

Dying to devour that entire candy bar, *now*? Eat a square or two—and stop; it might be enough to satisfy you. In a recent study, Cornell University researchers served one group regular-size portions of snacks (either chocolate, apple pie, or potato chips) and another just a few bites of the same items. After 15 minutes, all participants said their cravings had decreased and that they were

equally sated, even though the first group consumed 77 percent more calories. “Most of us rely on habit when it comes to the size of our snacks, but **you actually need less than half of what you think to feel satisfied,**” says coauthor Brian Wansink, Ph.D., director of the Cornell Food and Brand Lab and author of *Slim By Design*. Looks like a little patience (and a little nibble) pays off after all. —MALLORY CREVELING

GROCERY SCORE

NUTS FOR CRACKERS The gluten-free cheese plate just got more interesting: Made from a hearty and tasty blend of brown rice, almonds, quinoa, sesame, and flax, **Blue Diamond Multi-Seeds Artisan Nut-Thins** (\$3.50 for 4.25 oz) contain just 130 calories and 3.5 grams of fat per 13-cracker serving. You’ll also take in a whopping 21 grams of whole grains, nearly half the recommended daily goal of 48 grams. Now those are some numbers we don’t mind crunching!

STAYING POWER

If your New Year’s resolution weight-loss plan is a distant memory, you’re not alone. At any given time, 22 percent of Americans are trying to drop pounds, but a new report from The NPD Group, a market research firm, shows that less than one-quarter of dieters stuck with their program more than six months. How do you stack up?

36%

DIETED FOR
1 TO 6 MONTHS

11%

DIETED FOR
7 TO 12 MONTHS

12%

DIETED FOR
12 OR MORE MONTHS



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