The 100 bite diet: Less about what you eat, more about how you eat it

 [Alison Lynch](#) Wednesday 13 Aug 2014 3:30 pm

Eat it in one and you've got 99 bites left (Picture: Rex)

Apparently, the secret to successful dieting is watching how, as well as what, you eat.

Experts believe eating more slowly, taking smaller bites, and chewing each mouthful carefully is integral to weight control.

Kathleen Melanson, director of the University of Rhode Island's Energy Balance Lab, which researches eating issues and satiety (the feeling of fullness), explained to the [Wall Street Journal](#): 'There's very strong evidence pointing to the importance of chewing. The nerves that feed into the muscles in the jaw connect to satiety areas in the brain.'

So, different researchers are rushing to develop tools to help us measure how fast we're eating.

Stockholm healthcare company the Mando Group has come up with the talking plate which measures how quickly you eat by weighing your meal and then timing how long it takes you to finish it. It also assesses your fullness (by asking you how full you feel, which is nice) and is expected to hit the market this autumn.
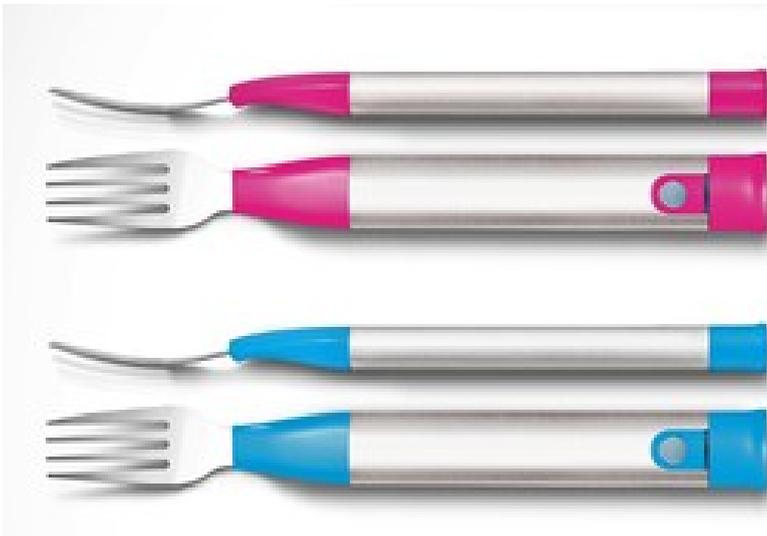
The HAPIfork measures how quickly you shovel your food in (Picture: HAPIfork.com)

Already on sale is a digital fork, the HAPIfork, which vibrates and flashes when your bites are spaced less than 10 seconds apart.

And now there's the Bite Monitor, a device developed by researchers at South Carolina's Clemson University, who believe that 100 bites a day is the magic number for weight loss.

The snazzy Bite Monitor (Picture: Clemson University)

The watch-like device, like a pedometer for your mouth, counts the number of bites you take each day by tracking wrist movements.

The team arrived at the magic 100 after tracking the bites of 77 people over two weeks.

They calculated that the average number of calories per bite was 17 for men and 11 for women. If people take 100 bites a day, that makes 1,700 calories for men and 1,100 calories for women. According to the National Institute of Health standard, these figures equate to a low-calorie diet.

MORE: Will this daily diet jab help you drop two dress sizes? (sounds a bit drastic, no?)

Initial studies have shown people who count their bites lose more weight than those who don't, although head researcher Eric Muth said further testing still needs to be done to fine-tune his 100-bite diet plan.

We've got some questions for him: what happens if you just take really big bites? Of, say, pepperoni pizza? Does that still count? If so, we're in.

Diet and Weight Loss
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