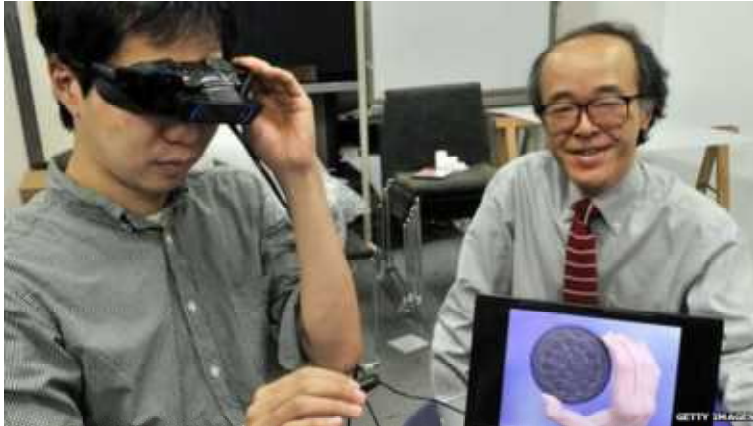


Diet Glasses Trick You Into Eating Less



Researchers at the University of Tokyo are developing a new device that may help people lose weight. This new device fools your senses and makes you feel satisfied even though you've eaten smaller snacks and other treats.

The device is a pair of goggles. There are video cameras on the goggles. The cameras can magnify the image. This means that the cameras make things look bigger. So, if you are looking at a cookie, the goggles make the cookie appear larger than it actually is.

Does this sound unbelievable to you? Well it actually works. In the experiment, the goggles were set to make cookies look 50 percent bigger. When the cookies looked bigger, people ate 10 percent less.

Next, the goggles were set to make cookies appear smaller. When the cookies looked smaller, people ate 15 percent more!

The goggles trick the human mind.

"We can fool our senses - reality is all in the mind," a scientist said.

Do you want to try these glasses?