

Transforming a bowl of ramen

Fool your senses to make a 163kcal bowl of ramen look like a 1,176kcal one – without changing the portion or taste.

Ramen noodle

This is replaced with spirals of courgette for low-energy meals

Narutomaki

Thicker slices of this Japanese fishcake are used for high-energy meals

Sesame seeds

A larger quantity is used for high-energy meals



Broth

A mixture of dashi broth and soya bean paste, canola oil and Maltodextrin is added for high-energy broth

Baked chicken

Breaded chicken is replaced with chicken breast meat for low-energy meals

Beansprouts and spring onions

Low-energy components are constant across all meals

The average person needs around 2,000 to 2,500 calories spread across three meals every day. If you consume fewer calories for lunch, it

seems natural to expect that you will make up for it at dinner.

However, Associate Professor Ciaran Forde has found otherwise.

He gave students identical bowls of noodles for lunch on different days – some with a calorie count as low as 163kcal, others as

high as 1,176kcal. Surprisingly, even on the days when students ate the low-calorie lunches, they did not gorge themselves at dinner.