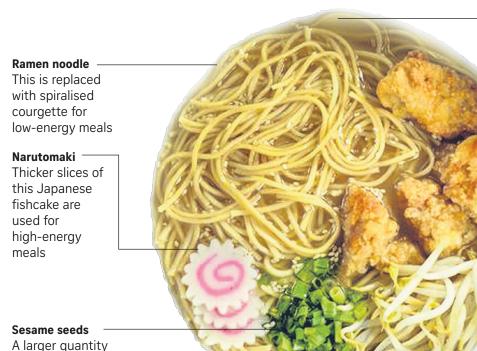
Transforming a bowl of ramen

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



is used for high-energy 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

all meals

Broth

A mixture of dashi broth and sova

high-energy broth

bean paste,

canola oil and

Maltodextrin

is added for

Baked chicken

Breaded chicken

is replaced with

Beansprouts and spring onions

components are

constant across

Low-energy

chicken breast

meat for

meals

low-energy

the low-calorie lunches, they did not gorge themselves at dinner.