



**"We had an 'all you care to think about' imaginary buffet," "Members were given paper plates and invited to 'dig in' to slips of paper representing foods they might normally choose. We then read the calorie value and exchanges for each item. When all was said and done, most members found they had come close to eating their entire allowable intake for the whole day at one time! It was also interesting to note that some admitted that how much they ate depended on the price of the meal - the more it cost, the less they ate."**