



Is Your Kitchen Making You Fat?

Your plates, pantry, and even your light bulbs may be hurting your waistline more than you think. Research shows that the wrong kitchen setup can have a direct connection with causing your to overeat. Here are signs that your kitchen is making you gain—and the simple fixes to get the scale moving in the right direction.

Stay slim with these kitchen tricks.

More Slim-Down Secrets

- ◉ [Skip "Light" Food](#)
- ◉ [Take Off 10 Pounds in 10 Minutes](#)
- ◉ [Can Hypnosis Help You Lose?](#)

Healthy Recipes



Time-Saving Slow Cooker Meals

These heavenly dishes will hit the spot on chilly days when only a steaming plate of comfort food will do. [Just prep the ingredients, turn on your slow-cooker, and prepare to be drooling hours later.](#)

Stop Binging



Emotional Eating Fixes

You eat for relief, which, unfortunately, lasts only as long as the last bite. [Here's how to find tools besides a fork to attack emotional angst.](#)



TODAY ON PREVENTION

5-Minute 400-Calorie Meals
Fake Foods That Hurt Your Health
Are You Over-Stressed?
Join Prevention on Facebook
Follow Us on Twitter

SIGN UP

More great newsletters from Prevention

- ◉ [Spotlight](#)
- ◉ [Community](#)
- ◉ [Walk Off Weight](#)
- ◉ [Outsmart Diabetes](#)



The World's Easiest, Weight Loss Program!



Lose up to
11 pounds
and more in
just 2 weeks!

Advertisement