

# The bigger the serving, the more young children will eat, Cornell study finds

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By far, the most powerful predictor for how much children eat is how much food is put on their plate, concludes a new study by Cornell University researchers.

We examined all the predictors we could of how much a child eats at a meal," said David Levitsky, professor of nutritional sciences and of psychology at Cornell. "We found that portion size is, by far, the most important factor in predicting how much a child will eat. These findings suggest that both the onus of controlling children's weight -- both in causing overweight in children as well as in its prevention -- must rest squarely in the hands of parents and other caregivers."

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