



Can't Seem to Lose Those Last 5 Pounds? It May Be Your Kitchen Design

SCARSDALE, NY (September 1, 2016) - The Plan Collection is a leading resource for house plans and home design ideas. Here, TPC shares design tips to decrease snacking in an open concept kitchen.

One of the hottest features in today's home is an [open floor plan](#), where the living room, dining room, and kitchen are all centralized into a single space thanks to the removal of dividing walls. This layout is great for people who like entertaining, want to keep an eye on children while at home or simply like the feeling of more space.

However, a [recent study](#) from the University of Notre Dame's School of Architecture has found that open kitchens and floor plans can actually increase the amount of eating you do in a day. Though the research is still in the early stages, results show that open floor plans can lead you to eat around 170 extra calories each day, which translates into about 2 to 4 extra pounds per year.

The good news is that you can still reap all the amazing benefits of an open floor plan and fight off the temptation to snack with these simple and effective design hacks. All it takes is a little clever thinking and a few design tricks, and you'll have your open concept kitchen snack-proofed in no time.

1. Ditch the Clear Containers. The old saying "out of sight, out of mind" is definitely true when it comes to snacking, so this hack is all about making the foods in your kitchen less obvious. One of the easiest ways to accomplish this is by using opaque jars or storage containers to hold all of the foods that would otherwise be sitting right on your counter in prime snacking view.

2. Cover the Cupboards. The issue here, the study finds, is that the added visibility into your kitchen tends to draw your attention to the idea of eating, even if there isn't any food out in the open. If you have open shelving or cabinets with glass doors, consider covering them to break the line of sight to food-related items.

3. Minimize Island Seating. Most open kitchens feature a center island to help aid in food prep, and those islands can often double as a secondary eating location. Convenient seating in the center of the kitchen makes it all too easy to whip up a snack and start eating, so the trick here is to make the seating less accessible. Avoid permanent seats at your island, even if they're backless stools, so that you aren't tempted to sit and eat between meals.

4. No TVs Allowed. There's just something about watching TV that makes you want to eat snacks, which is why you need to keep the TV as far away from the kitchen area as possible. This means no small TVs in the kitchen, especially if you use the kitchen as your primary dining area.

5. Close the Pantry. One of life's greatest kitchen luxuries is a walk-in pantry, as it allows you easy access to all of your dry foods, canned goods, and more. However, that kind of easy access to chips, cookies, and other snacks can be extremely dangerous for your waistline, so you want to make sure that you have the entry to the pantry completely covered.

6. Use Bright Lighting. There's a reason that most high-end restaurants use soft "mood" lighting instead of harsh fluorescent lights – because it makes you more relaxed and more inclined to eat. When you have bright lighting in your kitchen, you'll be less inclined to eat in between meals.

7. Consider Partition Walls. The researchers who conducted the study actually used folding screens to change the configuration of rooms to test participants' reactions, so why not put them into use in your own home? A few well-placed partitions can help you create your own defined spaces on the fly, so you always have the option of blocking out the kitchen during day-to-day activities, and then opening it up when you're ready to entertain.

And those extra few pounds you put on since living with – and enjoying – the open floor plan in your home? If you follow a few of our design tips and make a conscious effort to curb any grazing behavior, you might be surprised to find that you'll drop them before you know it!

About The Plan Collection

The Plan Collection is a unique designer of house plans, floor plans, and home plans. Based on the principle that great design should be affordable to all, The Plan Collection brings a home buyer a realistic and detailed view of a home. Priding itself on superior customer service, The Plan Collection ensures that all of its customers receive individualized attention that caters to each client's unique and important visions. More information on the company can be found at <http://www.theplancollection.com>.

Headquarters:

The Plan Collection
670 White Plains Road, Suite 101
Scarsdale, NY 10583

Contact:

Tim Bakke
T: 866-787-2023
E: tim@theplancollection.com