

How skinny people stay skinny

By Dianne de Guzman, San Francisco Chronicle

The eating routines of slender people seem counterintuitive to those who have struggled with their weight: adults who maintain a healthy weight reported that they don't diet.

Well, mostly they don't.

Researchers at the Cornell University Food and Brand Lab took a look at the eating and workout habits of those who have been able to remain a healthy weight for their entire life. At the group's online site, the Global Healthy Weight Registry, researchers asked healthy adults how they work to maintain their weight, in order to figure out how others can do so, also.