

# Bite Count Reduction for Sustainable Weight Loss: A Case Report

Thamburaj Anthuvan<sup>1</sup>, Sheryl S. Salis<sup>2</sup>

<sup>1</sup>Sr. Vice President (Sales, Marketing, Sales Force Effectiveness), USV Pvt. Ltd., Mumbai, Research Scholar, PCET, S.B. Patil Institute of Management, Savitribai Phule Pune University, ORCID ID: 0009\_0004\_0756\_2089 <sup>2</sup>Registered Dietitian and Certified Diabetes Educator, Director - Nurture Health Solutions, Mumbai, ORCID ID: 0000\_0002\_6115\_5618.

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## Abstract

**Background:** Bite count reduction is a behavior-based method to manage weight without tracking calories. While it has shown results in lab settings, its use in daily life, especially for busy professionals, is less understood. This case study assessed how practical and effective this approach is for an Indian executive over eight weeks

**Methods:** A 45-year-old male executive reduced his bite count by 30% per meal while keeping his usual meal timing and food choices. Baseline bite count, weight, and body composition were recorded for one week before the change. Weekly tracking included adherence, weight, fat percentage, muscle mass, and hunger levels. Correlation analysis was done to assess the link between bite count and fat loss.

**Conclusion:** Over eight weeks, the participant lost 5.3 kg (5.82%), with fat percentage dropping from 19.86% to 17.8%. Muscle mass was maintained. A strong correlation ( $r = 0.818$ ,  $p = 0.013$ ) was found between bite count and weight loss. Satiety improved from 3.0 to 4.8 hours, and adherence reached 95%. This shows that bite count reduction is a simple, low-effort method that fits Indian eating habits and professional routines. More studies are needed to confirm long-term results and wider use.

**Keywords:** Bite count reduction, portion control, sustainable weight loss, case report.

## Introduction

Staying fit is challenging for working professionals due to long hours, travel, and job-related stress. Traditional methods like calorie counting and portion control often require ongoing effort, making them impractical for busy individuals<sup>1</sup>. Bite count reduction offers a simpler, behavior-based alternative. Rather than measuring food or tracking

calories, it focuses on reducing the number of hand-to-mouth actions during meals<sup>2</sup>. Research shows that higher bite counts are linked to greater energy intake<sup>3</sup>. Tools like the Bite Counter support this method and promote self-awareness<sup>4,5</sup>. Even without changing portion size, bite count feedback alone can lower intake<sup>6</sup>. Studies show that reducing bites by 20–30% can lead to 1.2–1.6 kg weight loss over four weeks<sup>7,8</sup>.

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**Corresponding Author:** Thamburaj Anthuvan, Sr. Vice President (Sales, Marketing, Sales Force Effectiveness), USV Pvt. Ltd., Mumbai, Research Scholar, PCET, S.B. Patil Institute of Management, Savitribai Phule Pune University.

**E-mail:** thambuantony@gmail.com

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However, most evidence comes from lab settings or Western populations. Its relevance in Indian contexts—where meals are eaten by hand and satiety guides portioning—is largely unexplored. Early work suggests that neuromarketing techniques may reinforce such habits<sup>9</sup>, and newer technologies are making tracking more accessible<sup>10</sup>.

This case study explores whether bite count reduction is feasible, effective, and culturally aligned for an Indian professional. Over eight weeks, a 45-year-old executive followed a 30% bite reduction without changing diet. The study, aligned with CARE case report guidelines<sup>11</sup>, tracks weight loss, adherence, and satiety outcomes.

### Methodology

This single-participant case study was conducted in Mumbai, India, from July to September 2023. It aimed to evaluate whether reducing bite count could help manage weight in a real-life professional context. The approach reduced energy intake through behavioral change, without altering food type or meal timing.

#### Participant Information

The participant was a 45-year-old male

pharmaceutical executive from Mumbai with a stressful, travel-heavy routine. Though he ate balanced meals and exercised five times a week, prior weight loss efforts were short-lived. Under dietitian Sheryl S. Salis's guidance, he began a 30% reduction in bite count per meal. The goal was to reduce weight from 91 kg to 86 kg while preserving muscle mass. Written consent was obtained, and ethical norms for case reports were followed.

#### Baseline Data Collection

A one-week baseline phase was conducted to document the participant's regular eating habits. Each hand-to-mouth motion was logged as one bite<sup>4</sup> using a mobile app, with daily counts noted in a diary and later entered into Google Sheets. The average baseline bite count was 159 per day, with an estimated calorie intake of ~2640 kcal/day based on typical meals (see Table 1). Basal metabolic rate (BMR), measured via bioelectrical impedance, was 1900 kcal/day. A 30% reduction in bite count was introduced to create a ~800 kcal daily deficit, without changing food composition or meal timing.

**Table 1. Baseline vs Reduced Bite Count and Estimated Calorie Intake**

Meal	Food Items	Baseline Bite Count	Reduced Bite Count (30%)	Baseline Calories (kcal)	Estimated Caloric Intake After Reduction (kcal)
Breakfast	1 dosa, 1 egg white omelette, 1 full egg fry, 1 cheese cube	31	22	420	294
Snacks	Half seasonal fruit	6	4	60	42
Lunch	2 roti, 200g chicken, 1 bowl curd	45	32	640	448
Pre & Post Workout	1 banana (pre), whey protein shake (pre & post), 1 banana (post)	26	18	480	336
Dinner	Same as lunch + 1 portion sweet	51	36	840	588
Total per day		159	112	2640	1848

The participant's initial body composition was recorded at the end of the one-week baseline phase using a bioelectrical impedance scale.

Key parameters, including fat percentage, muscle mass, and metabolic rate, are detailed in Table 2.

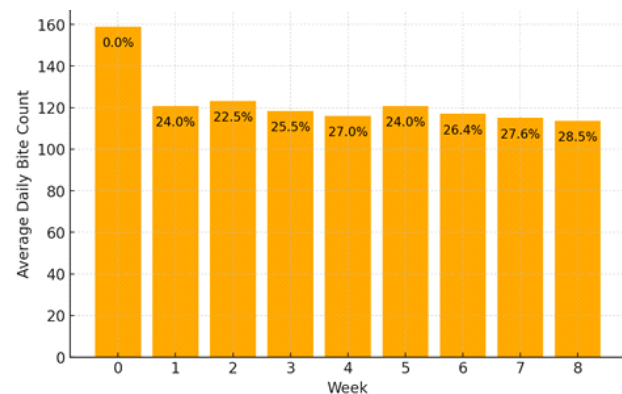
**Table 2. Baseline Body Composition (Week 0)**

Week	Weight (kg)	BMI (kg/m <sup>2</sup> )	Body Fat (%)	Fat-Free Body Weight (kg)	Skeletal Muscle (%)	Muscle Mass (kg)	Body Water (%)	Bone Mass (kg)	BMR (kcal)	Metabolic Age
Week 0 (Baseline)	91	25.23	19.86	73.16	52.59	69.52	58.78	3.66	1955	44.6

*Disclaimer: Measurements were taken using the ActiveX Savvy Plus scale. Values may vary due to hydration, time of day, and other conditions.*

### Intervention Strategy

Daily bite count was reduced from 159 to 112 without changing food composition. Traditional Indian meals and meal timing were maintained throughout. This approach created an estimated ~800 kcal daily deficit, chosen for its ease and sustainability<sup>8</sup>. Bite count reduction was implemented gradually over eight weeks, with weekly tracking to monitor adherence and progress. The week-wise bite count trend is illustrated in Figure 1.



Percentage values indicate reduction from baseline (159 bites/day)

**Figure 1. Progressive Reduction in Daily Bite Count Over 8 Weeks**

### Intervention Timeline and Monitoring

The 8-week plan started with gradual reduction in Weeks 1–2, reaching full 30% by Week 3. Bite counts

were logged daily and reviewed weekly. Weight and body metrics were measured each Sunday with the ActiveX Savvy Plus scale. Hunger and satiety were rated daily using a self-assessment scale.

### Writing and Analysis

The manuscript was written using academic methods. AI tools were limited to grammar checks; no AI was used in analysis, study design, or conclusions.

## Results

### Body Composition Trends

The participant's weight reduced from 91.0 kg to 85.7 kg over eight weeks (–5.3 kg, 5.82%). Most weight loss occurred by Week 4 (–3.15 kg), followed by gradual tapering. Body fat percentage dropped from 19.86% to 17.8%, with fat-free weight decreasing from 73.16 kg to 70.4 kg. Skeletal muscle percentage slightly increased (52.59% to 53.1%), indicating preservation of lean mass. BMR declined from 1955 to 1891 kcal, consistent with weight reduction. Water content rose marginally (58.78% to 59.3%), while bone mass stayed stable. These trends, detailed in Table 3, suggest that bite count reduction effectively reduced fat without affecting muscle or metabolic function.

**Table 3. Weight and Body Composition Trends Over 8 Weeks**

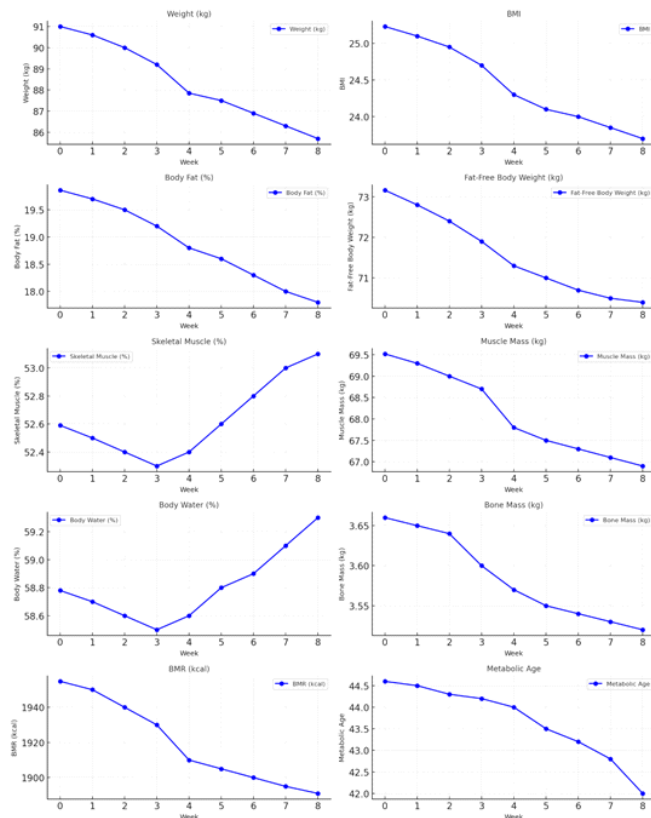
Week	Weight (kg)	BMI (kg/m <sup>2</sup> )	Body Fat (%)	Fat-Free Body Weight (kg)	Skeletal Muscle (%)	Muscle Mass (kg)	Body Water (%)	Bone Mass (kg)	BMR (kcal)	Metabolic Age
Week 0 (Baseline)	91	25.23	19.86	73.16	52.59	69.52	58.78	3.66	1955	44.6
Week 1	90.6	25.1	19.7	72.8	52.5	69.3	58.7	3.65	1950	44.5
Week 2	90	24.95	19.5	72.4	52.4	69	58.6	3.64	1940	44.3
Week 3	89.2	24.7	19.2	71.9	52.3	68.7	58.5	3.6	1930	44.2
Week 4 (Midline)	87.85	24.3	18.8	71.3	52.4	67.8	58.6	3.57	1910	44
Week 5	87.5	24.1	18.6	71	52.6	67.5	58.8	3.55	1905	43.5
Week 6	86.9	24	18.3	70.7	52.8	67.3	58.9	3.54	1900	43.2
Week 7	86.3	23.85	18	70.5	53	67.1	59.1	3.53	1895	42.8
Week 8 (Final)	85.7	23.7	17.8	70.4	53.1	66.9	59.3	3.52	1891	42

*Note: Measurements were taken using the ActiveX Savvy Plus Bluetooth Body Fat Scale (Sept–Oct 2024). Minor variations may occur due to hydration, timing, or other factors.*

**Physiological Progression**

Weekly tracking (Figure 2) showed steady reductions in weight, BMI, and fat percentage. Muscle mass remained stable, confirming preservation of lean

tissue. Metabolic age also dropped. Water percentage rose slightly, suggesting improved hydration. The data reflect healthy, gradual changes over time.



**Figure 2. Weekly Trends in Key Body Composition Metrics Over 8 Weeks**

*Satiety and Appetite Trends*

Hunger and fullness were tracked using the Visual Analogue Scale (VAS)<sup>12,13</sup>. Pre-meal hunger decreased from 85 mm to 62 mm, while post-meal fullness increased from 50 mm to 72 mm. Satiety duration improved from 3.0 to 4.8 hours. Week-wise changes are detailed in Table 4. Though not

statistically significant ( $p > 0.1$ ), the trends showed meaningful improvement. By Week 5, hunger was better controlled, with greater meal satisfaction and stable energy levels. These findings align with prior studies suggesting that mindful eating enhances appetite regulation<sup>13,14</sup>.

**Table 4. Hunger and Satiety Trends Over the Intervention Period (VAS-based)**

Phase	Pre-Meal Hunger (VAS mm)	Post-Meal Fullness (VAS mm)	Satiety Duration (Hours)	Observations
Week 1 (Baseline)	85	50	3	Initial adaptation, high hunger levels
Week 2	82	55	3.2	Struggled with satiety, mild cravings
Week 3	78	60	3.5	Gradual stabilization, slight hunger control
Week 4 (Midline)	75	62	3.8	Body adjusting, satiety improving
Week 5	70	65	4	More control over hunger, fewer cravings
Week 6	68	68	4.2	Satiety duration increasing, consistent adherence
Week 7	65	70	4.5	Hunger well managed, comfortable with meal sizes
Week 8 (Final)	62	72	4.8	Fully adapted, no major hunger spikes

*Effect of Bite Count Reduction on Body Weight and Composition*

A strong correlation was found between weekly bite reduction and weight change (Pearson  $r = 0.818$ ,

$p = 0.013$ ; Spearman  $r = 0.814$ ,  $p = 0.014$ ), as shown in Table 5. This supports the hypothesis that reducing bites can effectively aid weight management—especially in structured, tech-free settings.

**Table 5. Correlation Between Weekly Bite Count Reduction and Weight Change**

Metric	Pearson Correlation (r)	p-value	Spearman Correlation (r)	p-value	Statistical Significance
Weekly Bite Count Reduction vs. Weight Change	0.818	0.013	0.814	0.014	Significant ( $p < 0.05$ )

*Adherence and Behavioral Adjustments*

Adherence improved from 75–80% in early weeks to 95% by Week 8. Initial dips were due to travel and distractions. Simple changes—like avoiding TV during meals and later using a bite

counter app—helped improve tracking and focus. Week-wise adherence, deviations, and self-reported energy levels are detailed in Table 6. The participant reported improved satisfaction, stable mood, and better energy—indicating strong behavioral adaptation.

**Table 6. Adherence and Behavioral Adjustments**

Week	Adherence (%)	Deviations	Energy & Mood
1	80%	Struggled with portion control; minor errors in bite tracking.	Mild evening fatigue; mood stable.
2	75%	Two birthday events led to higher intake; tracking inconsistencies.	Slight drop in energy; mood mildly affected.
3	85%	Work travel disrupted meal timing.	Energy stabilized; mood improved with routine.
4	90%	Reduced distractions (e.g., TV off during meals).	Felt more energetic; mood uplifted.
5	80%	Another work trip caused minor planning issues.	Energy steady; mood stayed positive.
6	88%	Started using the “Click Counter” app for accuracy.	Sustained energy; mood stable.
7	92%	Fully adjusted to the new pattern.	High energy; consistently good mood.
8	95%	No deviations; maintained target bite count.	Energetic and fully satisfied; excellent mood.

## Discussion

For professionals juggling work, travel, and stress, calorie counting often fails—not because it’s ineffective, but because it’s impractical<sup>15</sup>. It requires constant tracking, portion guessing, and mental math. Most people underestimate intake anyway<sup>16</sup>. Bite count reduction, in contrast, offers a simpler path. It shifts focus from “what” we eat to “how” — which is easier to manage, especially in real life<sup>4</sup>.

This case adds to the growing conversation around habit-based weight loss. Without changing his food or meal timing, the participant achieved 95% adherence, steady fat loss, and better satiety. Studies have shown that bite feedback can lower intake<sup>17</sup>, and our findings reinforce that. The strong correlation between bite reduction and weight loss ( $r = 0.818$ ,  $p = 0.013$ ) shows that small, consistent changes can create big shifts. Importantly, this didn’t feel like a diet. Hunger settled, fullness improved, and the participant felt more in control—often the hardest part of weight loss<sup>18</sup>.

### *Impact on Weight, Body Composition, and Satiety*

Losing 5.3 kg in eight weeks without touching food type or portions is rare. Most of it was lost by Week 4, a pattern similar to calorie restriction

studies<sup>19</sup>. Body fat dropped from 19.86% to 17.8%, while muscle mass percentage slightly increased (52.59% to 53.1%)<sup>20</sup> confirming that the weight loss was primarily from fat. Hunger reduced steadily, and satiety duration increased from 3 to nearly 5 hours. These findings align with previous evidence that slowing down and eating mindfully help regulate intake<sup>21</sup>.

### *Comparison to Previous Research*

Prior studies using similar bite reductions reported weight loss of 1.2–1.6 kg over four weeks<sup>7,8</sup>. In contrast, this case achieved more than 5 kg over eight weeks—without wearables—relying on self-monitoring via app and diary. The observed correlation ( $r = 0.818$ ) was also stronger than earlier reports<sup>4</sup>. While prior studies often required tech tools, this case shows it can be done with a simple click counter and discipline<sup>6</sup>.

### *Why It Matters*

Not everyone can track calories or measure food consistently. Bite count offers a low-effort, intuitive method. It fits well with Indian eating customs—fixed portions, eating by hand, and regular mealtimes. It holds promise for those with obesity, diabetes, or metabolic syndrome, where portion regulation is key

to managing health<sup>22</sup>. It may also help older adults who find calorie tracking overwhelming. Although not yet part of formal medical nutrition therapy, its simplicity and adaptability make it a strong candidate for integration into routine care. Clinics, workplace wellness programs, and digital platforms could explore this approach further.

#### *The Participant's View*

Adjusting to fewer bites wasn't easy at first. The first two weeks took effort—there was a tendency to eat faster or sneak in extra snacks. But with regular meal timing, mindful chewing, and staying hydrated, those urges gradually eased. By the end of eight weeks, bite count reduction felt natural. It became a habit, not a chore. As of March 2025, the weight stayed off, and the practice continued without the need for tracking tools. Using smaller plates and eating slowly also helped, showing how small tweaks can lead to lasting change.

#### *Strengths, Limitations, and Future Directions*

This case stands out for its real-world design. No labs or clinics—just structured intent and daily discipline. Bite count reduction fits into a high-stress, professional routine without disrupting food choices. Fat was lost, muscle was preserved, and energy levels stayed steady. Its compatibility with Indian eating habits—pre-set portions, hand-eating, and mindful pacing—added to its success.

That said, it's still a single case. Self-reported data introduces potential bias, especially in the early weeks. External variables like sleep, stress, and workouts weren't controlled. And the eight-week window doesn't confirm long-term sustainability. Still, the direction is promising. Future studies should explore bite count in larger cohorts, across age groups, and metabolic conditions. It should be compared with calorie tracking, intermittent fasting, and mindful eating. There's also room to build digital or AI-based tools to support consistency and engagement. Cross-cultural studies will help establish its broader value. With more evidence, bite count reduction could evolve into a simple, scalable, and sustainable tool for weight management.

## Conclusion

This case study shows that bite count reduction is a practical, sustainable weight management strategy for professionals. A 30% reduction led to a 5.3 kg (5.82%) weight loss over eight weeks, with body fat dropping from 19.86% to 17.8%. The strong correlation between reduced bites and weight loss ( $r = 0.818$ ,  $p = 0.013$ ) supports the link between eating behavior and energy intake. The participant adapted well, with reduced hunger, longer satiety, and 95% adherence by the final weeks. Unlike calorie counting, this method requires minimal effort, making it ideal for busy routines. Its compatibility with Indian eating habits—structured portions and mindful eating—enhances its real-world relevance. While results are promising, this being a single-participant study limits generalizability. Future randomized trials comparing bite count reduction with other strategies are needed to confirm long-term value. Still, the findings suggest it could be a simple, scalable tool for sustainable weight loss and metabolic health.

**Ethical Clearance Statement:** This study is a self-experimentation case report involving a healthy, non-pharmacological intervention focused on behavioral modification. The author himself served as the sole subject, and no external participants were involved. Given the nature of this self-study, ethical approval was not required. Informed self-consent was obtained, ensuring voluntary data collection and publication.

**Consent for Publication:** A signed consent form has been provided by the participant, permitting the use of de-identified data for publication in this case report.

**Conflicts of Interest Statement:** The authors declare no conflicts of interest.

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