

LETTERS TO THE EDITOR

january 5 2019, 12:01am, the times

Physicians’ call to treat obesity as a disease

Sir, Lesley Evans (letter, Jan 4) notes the increase in size of dinner plates. However, it is more worrying than she describes. The seemingly innocuous change in diameter from 26cm to 27cm actually represents an increase in surface area, i.e. plate size, from about 531cm2 to almost 573cm2 — a full new plate, allowing 8 per cent more food than the old one.

If the food is piled up, to represent a hemisphere, the volume of food would increase from 4,601cm3 to 5,153cm3, or 12 per cent. Which means that seven of today’s meals are the same as eight of yesterdays.

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