

# Eating Less Will Shrink Your Stomach

Contributed by Skinny Myths Team

SKINNY MYTH: "Eating less will shrink your stomach"

Myth.

You cannot physically shrink your stomach unless you have surgery like gastric bypass, or if you have an atrophic medical condition.

Your stomach is a muscular organ and, like any muscle, it expands and contracts according to usage.

It stretches when it's full and returns to its initial size when empty.

Research shows that following a reduced-calorie diet can help shrink your sensation of hunger.

Source Reference:

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<http://www.ajcn.org/cgi/content/abstract/63/2/170?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=shrinking+stomach&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

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