

ANNUAL HOME RESOURCE GUIDE

# CAPE VIEW - COD VIEW

Lifestyles of the Cape & Islands

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space between  
indoors and out**

JANUARY/FEBRUARY 2014 \$4.95



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market on  
the mend**



# Dinnerware influences dining

The color of the plates may impact guests' dining behavior more than the aroma or taste of that laboriously prepared meal. Placemat and tablecloth hues also help determine how much is eaten and which foods are favored.

High color contrast between the dinnerware and food reduces consumption, according to 2012 research by Cornell University's Food and Brand Lab. A strong visual difference between plate and cuisine colors enables diners to better perceive portion size, which acts as a "red flag" against overeating.

Conversely, to encourage family members to eat more greens, place those vegetables on a green plate, research indicates. When food blends into the background, people serve themselves an average of 20 percent more.

Other color theorists suggest that beige plates make meals appear bland, soft purple or pink dessert plates reflect sweetness and blue is an overall poor choice for food service.

It's also plate size that affects dining habits. The average dinner plate today measures 11 to 12 inches in diameter compared to the 7- to 9-inch plate size popular a few decades ago. People over-serve themselves when using larger plates, research shows. If weight loss is a 2014 resolution, opt for small white dinner plates.

- MADELEINE BICKERT

Bar manager Tainah Soares organizes the wine room.

Christine Hochkeppel/  
Cape Cod Media Group

## Library of wine

Pain D'Avignon's owner, Vojin Vujosevic, and general manager, Mario Mariani, designed the floor-to-ceiling, wall-to-wall, 100-square-foot, 1000-bottle-capacity wine room to house the café's all-French collection. The room is black, drawing focus to the bottles, and features a European cave to chill Champagne, sparkling whites and select white wines from 46 to 49 degrees. The rest of the room keeps red and white wines at a room temperature of 58 to 60 degrees. Construction was completed by Hyannis contractor Richard LeBoeuf. Sales increased 30 to 35 percent since first unveiling the display in late summer.

- ERIN C. HEALY

Ron Schloerb photos/  
Cape Cod Media Group

**If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.**

- J.R.R. TOLKIEN