

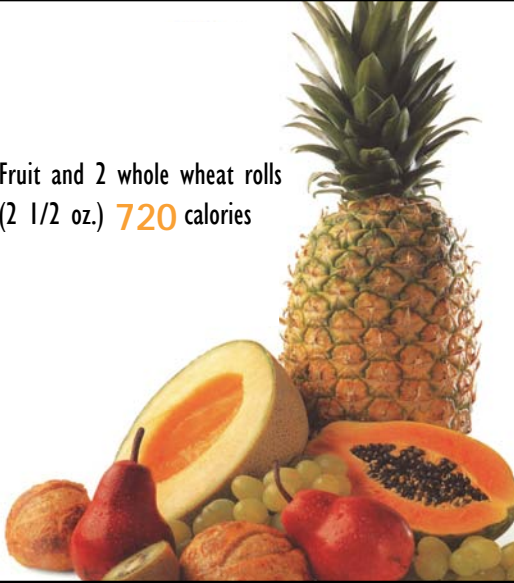
# The Calorie Equation

“When I go on a diet, I feel so hungry!” Well then, you are on the wrong diet! The secret to healthy weight loss and weight maintenance is eating nutritious foods that enhance the feeling of satiety for the least amount of calories. How do you do that? Know your numbers. Calories count, so don’t be misled by label claims of fat-free or sugar-free. These foods are not calorie free, but often nutrient free. Research tells us that volume of food, not necessarily calories, helps us feel full. Select more high fiber, high water content foods and you can eat until satisfaction, while gaining good nutrition (Rolls, 2000). Learn to indulge in colorful, flavorful foods without loads of calories with this picture lesson from Dr. Howard Shapiro’s book, *Picture Perfect Weight Loss* (Shapiro, 2000).

1 fat-free, sugar-free muffin (9 oz)  
**720** calories



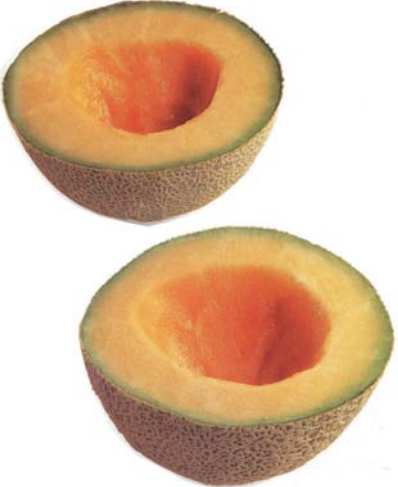
Fruit and 2 whole wheat rolls  
(2 1/2 oz.) **720** calories



1 fat-free cookie **60** calories



1 small cantaloupe **60** calories



# The Calorie Equation

1 raspberry tart **440** calories



8 cups raspberries with whipped topping **440** calories



1 medium serving french fries **360** calories



4 ears of corn on the cob **360** calories



1/2 cup rich chocolate chocolate-chip ice cream **300** calories



10 Tofutti chocolate fudge treats **300** calories

