


# 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 slice angel food cake (3 oz)	300	calories
1/3 cup raspberry sauce	160	calories
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TOTAL	460	calories



2 qt mixed berries	400	calories
large dollop whipped topping	60	calories
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TOTAL	460	calories



We tend to blame all the calories on the fat glistening in our food. Yet, angel food cake has no fat. Are you puzzled? Both the cake and the berries are mostly carbohydrates, but the berries are full of water and fiber, not to mention lots of vitamins and antioxidants, which greatly increase the volume you get to eat. The angel food cake is mostly sugar and white flour, has no real filling “substance” to prevent you from eating four more pieces!