



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 bagel (5 oz)	400	calories
2 1/2 oz cream cheese	250	calories
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TOTAL	650	calories



4 light pancakes	280	calories
4 vegetarian links	130	calories
2 Tbsp light syrup	50	calories
sliced starfruit and persimmon	190	calories
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TOTAL	650	calories



Bagels have the same problem as the American waistlines—they keep growing and growing in size! The bagel is low in moisture and dense in calories, and adding a generous amount of cream cheese makes for a high calorie breakfast. Rather, you can eat a full nutritious breakfast of light pancakes and syrup, vegetarian links, and sliced star fruit and persimmon.