


# The Calorie Equation

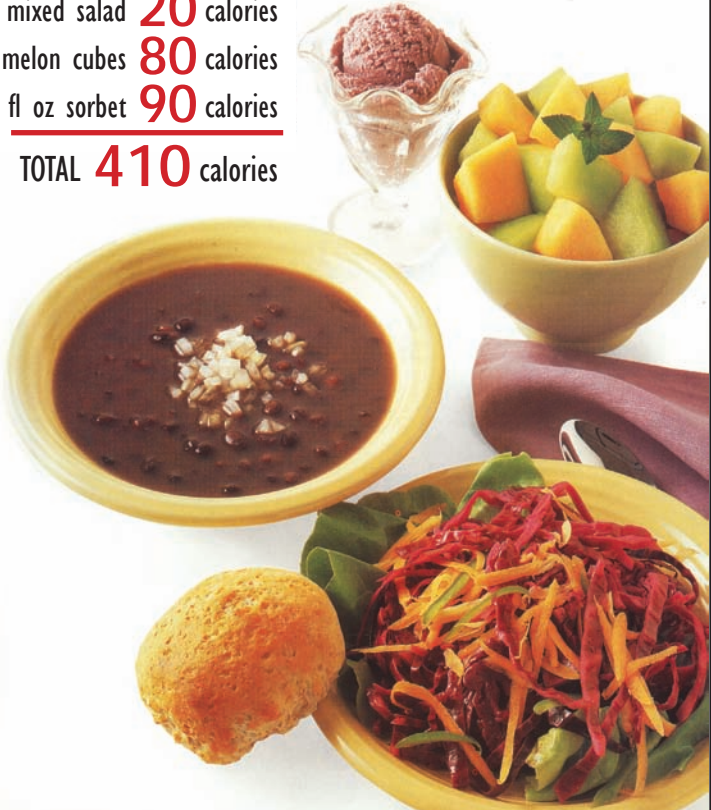
“When I go on a diet, I feel so hungry!” Well then, you are on the wrong diet! The secret to healthy weight loss and weight maintenance is eating nutritious foods that enhance the feeling of satiety for the least amount of calories. How do you do that? Know your numbers. Calories count, so don’t be misled 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).

romaine lettuce	10	calories
4 oz white-meat chicken	180	calories
3 Tbsp Caesar dressing	240	calories
1 oz croutons	130	calories
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<b>TOTAL</b>	<b>560</b>	<b>calories</b>



VS.

1 1/3 cups black bean soup	120	calories
5-grain roll	100	calories
mixed salad	20	calories
1 1/2 cups melon cubes	80	calories
5 fl oz sorbet	90	calories
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<b>TOTAL</b>	<b>410</b>	<b>calories</b>



What virtuous dieter doesn’t love a “salad”? Looks like a diet meal, but beware of the dressing and croutons. Compare what you thought was a good choice to this tasty, fiber-rich vegetarian meal that covers all the food groups. And you save 150 calories!