

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 large skim cafe latte, no sugar **180** calories



VS.

1 large hazelnut coffee with 2 Tbsp of milk and lo-cal sweetener **30** calories



Be aware of your liquid calories. If you need to save calories, the iced flavored coffee with a little milk and sugar substitute is a refreshing low-cal drink. You can consume your 2 cups of dairy disguised in a skim milk café latte—and benefit from the calcium and protein—and enough calories for a small liquid breakfast.