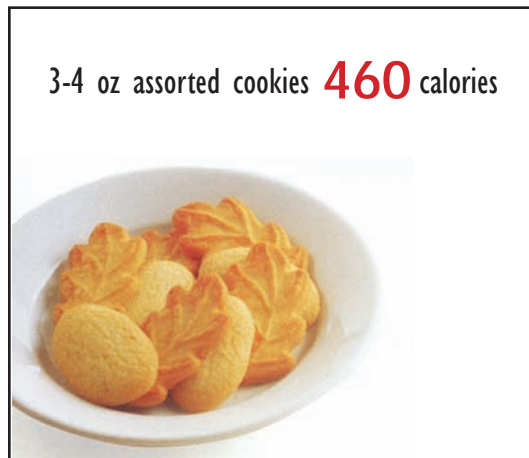



The Calorie Equation

“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).



mixed salad with 1 Tbsp dressing	80 calories
marinated hearts of palm and artichoke hearts	30 calories
3 oz salmon	130 calories
asparagus	30 calories
oven-browned potatoes	90 calories
poached pear in red wine	100 calories
TOTAL	460 calories



You’re faced with the dilemma; do you skip dinner and go straight to dessert? If so, you would be missing out on vitamins and minerals, antioxidants and phytochemicals, and even heart-healthy omega-3 fatty acids. This balanced meal, with protein and fiber (and even potatoes!) will keep you going a lot longer than the small pile of cookies.