


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 croissant with 3 oz cheese
650 calories



1 1/2 slices fat-free cheese or soy substitute **40** calories
2 slices light wheat bread **80** calories
lettuce, tomato, and salsa **10** calories

TOTAL **130** calories

X 5 sandwiches TOTAL **650** calories



If your stomach seems like a bottomless pit, try this trick—use low fat cheese, low calorie bread, and lettuce and tomato, and you can eat five sandwiches for the caloric price of one high-fat, high-cholesterol croissant and cheese sandwich.