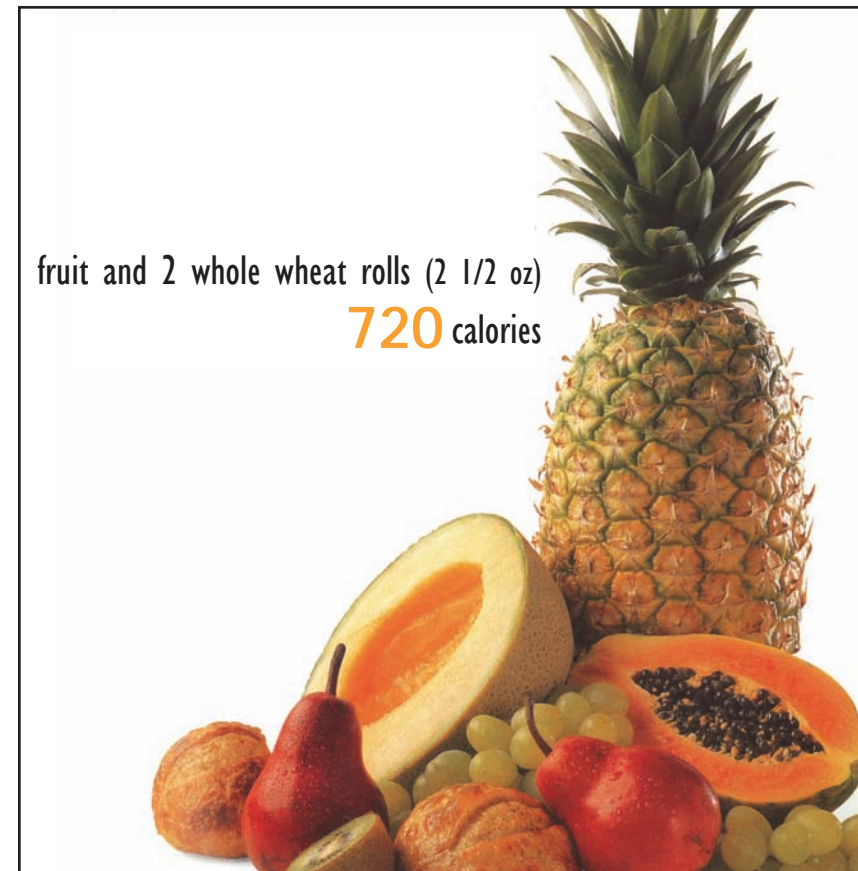


The Calorie Equation

“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).



That’s a lot of calories ...720 calories is just slightly lower than half the daily calorie needs of the average adult woman. How can a fat-free, sugar-free muffin have so many calories? Many of us are fooled by this claim. It’s best to pay attention to the label! The remaining main ingredient is refined flour—a refined carbohydrate with no fiber. The muffin is dense, and a hearty size. In contrast, the mound of watery-crisp fruit and whole wheat rolls are high in fiber, vitamins and minerals—and impossible to eat at one sitting. The result: you are full on fewer calories.