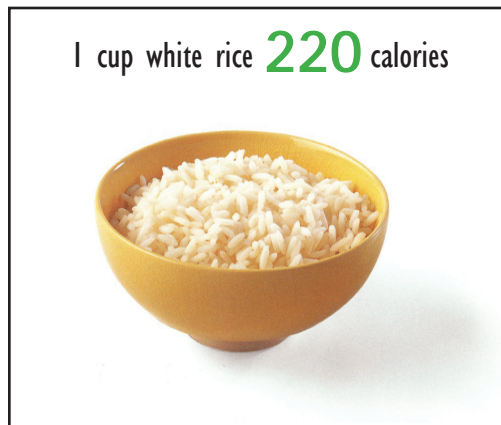


The Calorie Equation

“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).



Doesn’t this bowl of cauliflower, compared to the little bowl of rice, look delicious? The fiber and water content of the cauliflower make it very low calorie, whereas the rice is calorie-dense and less nutritious. Brown rice would offer more nutrients and fiber, and a sense of fullness. The white rice has been stripped of the brown bran, which gives brown rice about 3.5 grams of fiber per cup. The cauliflower offers 2 grams of fiber per half cup—this bowl has 20 grams! Also, cauliflower contains disease-fighting indoles, among many other anti-cancer ingredients, and provides 67% of your daily vitamin C, a strong antioxidant, in just three flowerets.

Volumetrics, Rolls, Barbara, Ph.D., and Barnett, Robert. Harper Collins Publishers, New York, N.Y. 2000.
Picture Perfect Weight Loss, Shapiro, Howard, M.D., United States: St. Martin’s Press, 2000.