


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 scone (9 oz)	810 calories
1 Tbsp butter	120 calories
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TOTAL	930 calories



14 slices raisin bread	840 calories
4 Tbsp low-sugar fruit spread	90 calories
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TOTAL	930 calories

A tiny little scone is as dense as a stone! Full of sugar, fat and refined flour, you can handily eat half your daily calories in one sitting! Okay, so you wouldn’t eat a whole loaf of raisin bread in one sitting, but isn’t that the point?