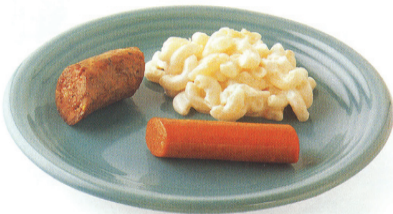


The Calorie Equation

“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).

Small barbecue plate **530** calories



Large barbecue meal **530** calories



Picnic food is notoriously high in fat and salt. To keep the calories in check, you would have to limit yourself to ½ hot dog (no roll), a small piece of sausage, and a tiny scoop of macaroni salad. This little plate of food will certainly leave you drooling for more. Before you dig in, survey the options for lighter fare. Grilled shrimp, vegetables, corn without butter, and a large slice of sweet juicy watermelon will fill you up nicely—and take quite a while to eat. Less fat and more fiber equal lower calorie foods and more nutrition. If you are planning a picnic menu, keep these healthy and light offerings in mind for your calorie-conscious friends.