


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).

2 1/2 fl oz vodka **300** calories
1/2 cup mixed nuts **440** calories

TOTAL 740 calories



VS.



1 cup consomme **20** calories
5 oz scallops **150** calories
asparagus **20** calories
red cabbage **50** calories
tossed salad **20** calories
semolina roll **80** calories
berries **60** calories
3 fl oz wine **90** calories

TOTAL 490 calories

How can so many calories be in such a little bit of food? Again, it’s the intense concentrations of calories. Fat (the nuts) has 9 calories per gram, and alcohol (the vodka) has 7 calories per gram. And, no water content. You would be hard pressed to get any more calories in such a small volume of food. In contrast, how much food in a meal can you get with no fat and lots of water and fiber? Quite a bounty, and we even added 3 oz. of wine (alcohol) for the fun of it.