

# Eat More, Weigh Less?

## How to manage your weight without being hungry.

Have you tried to lose weight by cutting down the amount of food you eat? Do you still feel hungry and not satisfied after eating? Or have you avoided trying to lose weight because you're afraid of feeling hungry all the time? If so, you are not alone. Many people throw in the towel on weight loss because they feel deprived and hungry when they are trying to cut calories. You can cut calories without eating less nutritious food. The key is to eat foods that will fill you up without eating a large amount of calories.

## What foods will fill me up?

To be able to cut calories without eating less and feeling hungry, you need to replace some higher calorie foods with foods that are lower in calories and fat and will fill you up. In general, this means foods with lots of water and fiber in them. The chart below will help you make smart food choices that are part of a healthy eating plan.

| These foods will fill you up with less calories. Choose them <i>more</i> often...  | These foods can pack more calories into each bite. Choose them <i>less</i> often...     |
|--|---|
| <b>Fruits and Vegetables</b>   | <b>Fried foods</b>  |
| Spinach, broccoli, tomato, carrots, watermelon, berries, apples                    | Eggs fried in butter, fried vegetables, French fries                                    |
| <b>Low-fat and fat-free milk products</b>  | <b>Full-fat milk products</b>   |
| Low- or fat-free milk, low or fat-free yogurt, low- or fat-free cottage cheese     | Full-fat cheese, full-fat ice cream, whole and 2% milk                                  |
| <b>Broth-based soup</b>  | <b>Dry snack foods</b>  |
| Vegetable-based soups, soups with chicken or beef broth, tomato soups              | Crackers or pretzels, cookies, chips, dried fruits                                      |
| <b>Whole grains</b>  | <b>Higher-fat and higher-sugar foods</b>  |
| Brown rice, whole wheat bread, whole wheat pastas, popcorn                         | Croissants, margarine, shortening and butter, doughnuts, candy bars, cakes and pastries |
| <b>Lean meat, poultry and fish</b>   | <b>Fatty cuts of meat</b>   |
| Grilled salmon, chicken breast without skin,                                       | Bacon, brisket, ground beef (regular)   |
| <b>Legumes (beans and peas)</b>  |   |
| Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas |   |

## Make smarter choices!

A healthy eating plan is one that —

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Stays within your calorie needs.

## Good things can come in big packages!

People eat more than they realize when faced with large portion sizes. This usually means eating too many calories. But, not all large portions are created equal. Larger portions of water and fiber-rich foods, like fruits, vegetables, and broth-based soups, can fill you up with less calories. Start with an appetizer. Research shows that if you eat a low-calorie appetizer before a meal, you will eat fewer total calories during the meal. Start your meals with a broth-based soup or a green salad without a large amount of cheese, or croutons.



**Appetizer**  
*Lettuce Cups With Tofu and Beef*



**Broth Based Soup**  
*Lemon Grass Chicken Soup*



**Green Salad**  
*Spring Salad Delight*

Recipe Source: *My Recipes.com*

Resource: [http://www.cdc.gov/healthyweight/healthy\\_eating/energy\\_density.html](http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html)

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