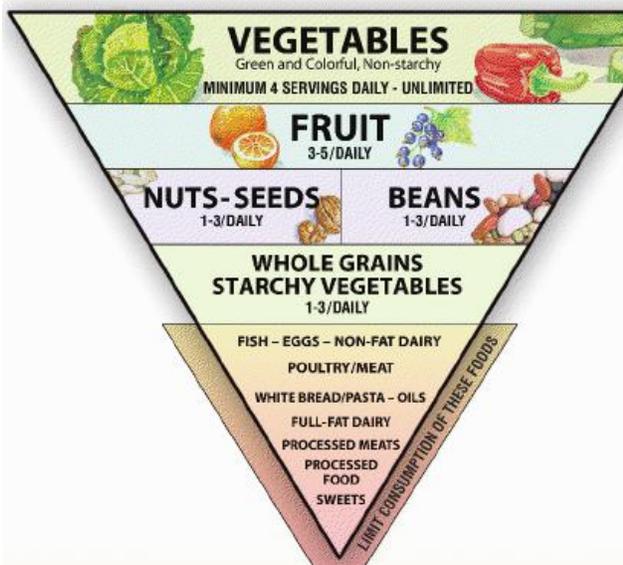




## MAKE EVERY CALORIE COUNT!

If you're looking to lose weight or maintain your weight, you want to make every calorie count! It is possible to eat satisfying portion sizes and lose weight! The trick is to choose foods that are "low-energy dense".

The "energy density" of foods is linked to the food's water content. Water has zero calories, so the more volume represented by water, the less room there is for calories. Water also creates a feeling of fullness, helping one to eat less. Foods that are low-energy dense because they have a high water content are fruits and vegetables. Research shows that individuals that eat a diet that focuses on "low-energy dense" foods consume fewer calories but overall eat more food by weight than those who eat mainly "high-energy dense" foods. To calculate a food's caloric density, divide the total calories by the weight in ounces or grams. Ideally, you want to eat foods that have an energy density of less than 1 or 2.



Besides helping with weight loss, fruits and vegetables are also packed with vital nutrients. Another benefit of low-energy foods is that they may also lower your risk of diet-related health issues, like type 2 diabetes.

A low-energy dense diet consists of the foods that we **ALREADY** know are the healthiest choices: high in fiber and water, low in fat, minimally processed!

SOURCE: Weill Cornell Medical College, [Food & Fitness Advisor](#), March 2009, Vol. 12, #3

MARK YOUR CALENDAR: Wednesday, April 6

National  
**Start!**  
Walking Day



The Medical  
Center of Plano