



Cutting Calories – 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 eat less. But there is another way. Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity. 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.

calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

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 fewer calories. Choose them *more* often...

- **Fruits and Vegetables (prepared without added fat)** – Spinach, broccoli, tomato, carrots, watermelon, berries, apples
- **Low-fat and fat-free milk products** – Low- or fat-free milk, low- or fat-free yogurt, low- or fat-free cottage cheese
- **Broth-based soup** – Vegetable-based soups, soups with chicken or beef broth, tomato soups (without cream)
- **Whole grains** – Brown rice, whole wheat bread, whole wheat pastas, popcorn
- **Lean meat, poultry and fish** – Grilled salmon, chicken breast without skin, ground beef (lean or extra lean)
- **Legumes (beans and peas)** – Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas

These foods can pack more calories into each bite. Choose them *less* often...

- **Fried foods** – Eggs fried in butter, fried vegetables, French fries
- **Full-fat milk products** – Full-fat cheese, full-fat ice cream, whole and 2% milk
- **Dry snack foods** – Crackers or pretzels, cookies, chips, dried fruits
- **Higher-fat and higher-sugar foods** – Croissants, margarine, shortening and butter, doughnuts, candy bars, cakes and pastries
- **Fatty cuts of meat** – Bacon, brisket, ground beef (regular)

Remember... 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.

Here are some additional ideas for cutting back on calories without eating less and being hungry:

Instead of...



Fried chicken sandwich
with 1 tbsp. mayonnaise
= 599 calories

Try...



Grilled chicken salad with low-fat dressing
2 cups lettuce, 2 oz. grilled chicken breast, 2
tbsp. light balsamic vinaigrette dressing
= 178 calories



Cream-based soup
1 cup mushroom bisque
= 400 calories



Broth-based soup
1 cup minestrone
= 112 calories



Chips or pretzels
1.5 oz. pretzels
= 162 calories



Baby carrots with hummus
16 baby carrots with 1 tbsp. hummus
= 75 calories

Source: http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html