

Fill Up With Volumetrics

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If you've ever been on a weight-loss diet, you may have had these chief complaints: You always feel hungry, the diet is restrictive and the portions are too small. Volumetrics is a weight-loss plan that allows you to enjoy a full plate of food, to ensure you feel satisfied after every meal.

You fill up on foods that are high in water, but low in calories, such as vegetables, soup broth and lean-protein foods. And there's still room for all other foods, too.

Volumetrics has 4 food categories:

Category 1: Unlimited foods, including non-starchy vegetables, fruit and broth-based soups.

Category 2: Reasonable portions of whole grains, lean-protein foods, beans and low-fat dairy.

Category 3: Small portions of breads, desserts, cheese and high-fat meats.

Category 4: Sparingly served fried foods, cookies and fats.

Some foods contain more calories than others ... a cup of French fries (category 4) has 160 calories, while a cup of watermelon (category 1) has 46 calories. Filling your plate with large volumes of low-calorie foods allows you to eat fewer calories in the same amount of food.

Give it a try: Get started with recipes for high-volume meals.

QuikQuiz™:



