

# Eat More, Weigh Less?

How to manage your weight  
without being hungry



607 calories



293 calories



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



## Can you weigh less without eating less?

Have you tried to lose weight by cutting down the amount of food you eat? Do you end up feeling hungry and not satisfied? 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.

## If I cut calories, won't I be hungry?

Research shows that people get full by the *amount of food* they eat, not the *number of calories* they take in. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

Let's take macaroni and cheese as an example. The original recipe uses whole milk, butter, and full-fat cheese. This recipe has about 540 calories in one serving (1 cup).

**540 calories**





## Here's how to remake this recipe:

- Use 2 cups non-fat milk instead of 2 cups whole milk.
- Use 8 ounces light cream cheese instead of 2¼ cups full-fat cheddar cheese.
- Use 1 tablespoon butter instead of 2 or use 2 tablespoons of soft trans-fat free margarine.

• Add about 2 cups of fresh spinach and 1 cup diced tomatoes (or any other veggie you like).

Your redesigned mac and cheese now has 315 calories in one serving (1 cup). You can eat the same amount of mac and cheese with 225 fewer calories.



**315 calories**



## What foods will fill me up?

In order 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 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

#### **Legumes (beans and peas)**

Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas

#### **Lean meat, poultry and fish**

Grilled salmon, chicken breast without skin, ground beef (lean or extra lean)

### Technically speaking...

*The number of calories in a particular amount or weight of food is called “calorie density” or “energy density.” Low calorie dense foods are ones that don't pack a lot of calories into each bite.*

## **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*

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

### **Fried foods**

Eggs fried in butter, fried vegetables, French fries

### **Fatty cuts of meat**

Bacon, brisket, ground beef (regular)

### **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

*Foods that have a lot of water or fiber and little fat are usually low in calorie density. They will help you feel full without an unnecessary amount of calories.*



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

## Make substitutions

**Instead of...**

**Try...**



### **Fried chicken sandwich**

with 1 tbsp. mayonnaise  
= 599 calorie



### **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 cal



### **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



## 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.

### Fruits and veggies: Keep it simple

Most fruits and veggies are low-calorie and will fill you up, but the way you prepare them can change that. Breading and frying, and using high-fat creams or butter with vegetables and fruit will add extra calories. Try steaming vegetables and using spices and low-fat sauces for flavor. And enjoy the natural sweetness of raw fruit.



### What about beverages?

While drinking beverages is important to good health, they don't help you feel full and satisfied the way food does. Choose drinks without calories, like water, sparkling water, or unsweetened iced tea. Drink fat-free or low-fat milk instead of 2% or whole milk.

### On the front cover:

*Chicken*, 1/2 breast, meat and skin fried with flour, bone removed: 218 calories, 9g fat, 0g fiber

*Macaroni and cheese* made with whole milk, butter, and full-fat cheese, 1/2 cup: 270 calories, 14g fat, 1.5g fiber

*Baked beans* with pork and tomato sauce, 1/2 cup: 119 calories, 1 g fat, 5g fiber

**Total for meal: 607 calories, 24g fat, 6.5g fiber**

*Chicken*, 1/2 breast, bone and skin removed, roasted: 142 calories, 3g fat, 0g fiber

*Sweet potato*, half of one large, baked 81 calories, 0g fat, 3g fiber

*Broccoli*, 1 large stalk, cut up (about 1 cup) 55 calories, 1g fat, 5g fiber

*Tomatoes*, 3 slices of a large tomato 15 calories, 0g fat, 0g fiber

**Total for meal: 293 calories, 4g fat, 8g fiber**



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