Add Volume to Control Calories ....

Choose fewer energy dense foods!

- We eat the same volume or weight of food each day.
- High fiber foods and foods with a high water content are less energy dense. The same volume of these foods will fill you up with fewer calories. Eat plenty of these daily.
- Foods with higher energy densities usually have less fiber and more fat and sugar. Control your portions of these foods.
- On the food label, the calories in a serving of a low energy dense food will be less than it weighs in grams.
Low energy dense foods are ...
- Non-starchy vegetables
- Fruits
- Non-fat and low fat dairy foods
- Broth-based soups

High energy dense food are ....
- Crackers
- Chips
- Candy and chocolate
- Desserts and sweets

Examples of moderately high energy dense foods ...
- Starchy vegetables  Pasta  Cheese  Pizza
- Whole grains  Meat  Salad dressing
- Bean soup and chili  Pretzels  Ice cream

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