



VOLUME

EATING

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ARTICLE 11

NOT ALL CALORIES ARE THE SAME!

Keeping into consideration that this program has recently required you to transition your food journal to My Fitness Pal (which tracks calories), this may be a weird statement to read.

But, it is a timely one!

Now that calorie awareness is on your scope, you may be finding that foods you enjoy/may be currently eating are sending your calories up sky high... and you know that eating less is going to mean that you are hungry.

In this article, we aim to educate you on volume eating, because on paper and in terms of energy balance.. A calorie IS a calorie, and you need to (on average) be in a calorie deficit in order to achieve fat loss. Where the value of a calorie changes is once it's been ingested. We are going to show you why eating smaller portions of the same food and being hungry IS NOT the ideal way to approach things. You can be full, you can eat "a lot" and still see results.

"Volume foods" in the world of nutrition refers to foods that PHYSICALLY are of greater size, but are typically low in calories.

When you are temporarily eating in a calorie deficit, this becomes important as you will not be eating the same amount of calories that you

were eating prior to your calorie deficit phase. This infographic is a great example of how food's that are calorie dense, take up less surface area of your stomach, therefore may not be as satisfying and leave your feeling hungry, sooner (even for the same amount of calories consumed!

This does NOT by any means, mean that you must remove these foods from your diet in order to make room for more calories, however it might be wise to reduce their portions in order to make room for more volume foods, for less calories if your current day of eating leaves you ravenous or "doesn't even tough the sides"!

High fibre foods are a great way to get a "bang for your buck" as they are typically low calorie, and very filling. High fibre foods not only provide more volume, but they take longer to digest – keeping you fuller for longer! Raspberries, carrot, spinach, broccoli, zucchini and popcorn are all examples of lower calorie foods, with high fibre!

"In the stomach, increased gastric volume induces satiation and satiety by activating stretch receptors in the smooth muscles (Marciani et al., 2001; Hoad et al., 2004).

"Successful Development of Satiety Enhancing Food Products: Towards a Multidisciplinary Agenda of Research Challenges."



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Another factor to consider is the SATIETY INDEX of a food. This is ultimately a ranking of how filling a food is! Ultimately, a large list of foods were compared to white bread (ranked as 100%) for how satisfying and filling they were. Croissants were ranked at only 47%, and they have 100 more calories per 100g. So not only more calorie dense, but less filling too!

Boiled potatoes were on the other end of the scale, ranking at a whopping 323%! They even have HALF the calories of white bread per 100g.

Here is the link to foods on the Satiety Index List. Have a browse through the most filling list and see where your average day of eating stacks up, and if that's the reason why you keep going for snacks!

http://ernaehrungsdenkwerkstatt.de/fileadmin/user_upload/EDWText/TextElemente/Ernaehrungswissenschaft/Naehrstoffe/Saettigung_Lebensmittel_Satiety_Index.pdf

To summarise, eating Volume Foods that are high in fibre will keep you fuller longer. Pair those with carbohydrates high on your Satiety Index List and you are guaranteed to have a filling, nutritious meal!

