



# Workplace Wellness

## Volumetrics: A Simple Approach to Weight Maintenance

April 2005

Warmer weather has arrived and so has the need to shed winter weight gain. Forget fad diets and fasting, a new approach to eating will help you lose weight and keep it off.

Volumetrics, developed by Barbara Rolls, Ph.D. and outlined in her book *The Volumetrics Eating Plan* (Harper Collins 2005), doesn't eliminate food groups. Instead, it uses common sense and simple math to help you calculate the energy density of foods and make choices based on the numeric outcomes.

Energy density relates to how many calories a food

contains in a portion size or volume. Fried foods, cookies and chips have high energy density. Fruits, vegetables and fat free dairy products have low energy density. Lean proteins fall somewhere in between.

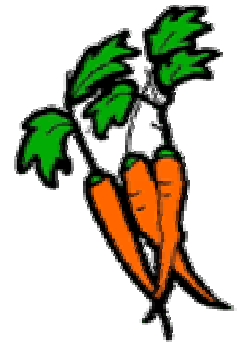
Studies have shown that people tend to eat the same weight of food each day. By choosing lower energy density foods, you consume fewer calories in your quest for fullness by volume.

For example, a three ounce portion of lean ground beef has approximately 190 calories. The same size portion of skinless chicken breast is 140 calories. And three

ounces of tuna canned in water has only 98 calories. The tuna is the lowest energy density choice, followed by the chicken breast. But the *quantity* of each example is exactly the same.

Fat and water are factors that help determine energy density. At nine calories per gram, fat is the most energy dense food. At zero calories, water is the least energy dense. Cutting fat and adding water-rich foods will leave you full and satisfied – and one step closer to fitting into your warm weather clothes!

**"You can set yourself up to be sick, or you can choose to stay well."  
- Wayne Dyer**



## Three Courses to Volumetrics Success

A three-course meal following the Volumetrics principles can be a highly satisfying way to cut calories without cutting enjoyment.

Savor each course, eating slowly and deliberately.

### Course 1: Soup

One serving of fat free broth-based soup

### Course 2: Salad

Hearty mixed greens and chopped vegetables topped with low-fat or fat-free dressing

### Course 3: Entrée

3-4 ounces of lean protein  
One serving of whole grain rice (or similar)  
One or more servings of steamed vegetables

Need dessert? Opt for fresh fruit or a fat free pudding or Jell-O cup.

### Volumetrics Highlights

- ☺ Simple and practical
- ☺ Healthy and sustainable
- ☺ Doesn't eliminate food groups
- ☺ Uses common sense and easy math
- ☺ Contributes to satiety
- ☺ Encourages eating the RDA of 5-9+ servings of fruit/veggies daily

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Promoting wellness in the work-  
place contributes to healthier  
and more productive employees.  
This newsletter is designed to  
provide helpful information and  
tips on improving quality of life  
through health and wellness.

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## Calculating the Energy Density of Foods

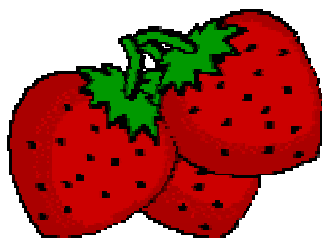
Calculating a food's energy density is  
easy. On the nutrition label, find the  
serving size weight in grams and the  
calorie count. Divide the number of  
calories by the number of grams to  
find that food's energy density.

Foods with an energy density of less  
than 1 are ideal. Foods with an energy  
density between 1 and 2 should be  
eaten in moderation. Foods with an  
energy density of 2 or more should be  
consumed in limited quantities.

Not surprisingly, a four-ounce portion  
of raw carrots (113 grams, 22 calo-  
ries) packs a .2 energy density. The  
high water and fiber content and zero  
fat in carrots make them an ideal  
choice.

Fat free pretzels, on the other hand,  
have an astonishingly high energy  
density for a food that is touted to  
be dieter-friendly. One ounce of  
pretzels (28 grams, 100 calories) has  
a whopping 3.57 energy density.  
Attribute this to lack of water and  
fiber.

One cup of fat-free cottage cheese  
(113 grams, 70 calories) is a smart  
lean protein choice with an energy  
density of .67.



### What About Indulgences?

Everybody has a favorite food vice.  
But before you indulge, consider the  
following:

- ♥ A Hershey bar has a high energy  
density of 5.58
- ♥ A 12 ounce, 150 calorie beer is  
only .44
- ♥ A 4 ounce, 100 calorie glass of wine  
scores a .88
- ♥ 1 ounce of honey roasted peanuts  
delivers a 5.82 energy density

When treating yourself, practice  
moderation and portion control!

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