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NEWS RELEASE

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Volumetrics - A New Approach to Eating

Here we go again, with some new gimmick for satisfying hunger with fewer calories. This technique may hold the secret of curbing food craving. Sometimes it's easier to understand a new concept such as Volumetrics by first learning what it IS NOT. Volumetrics IS NOT a stuff-your-stomach-with-celery- and-water-eating plan. The Volumetrics approach enhances sound nutrition and, according to Dr. Rolls, is consistent with and supports the dietary recommendations of the USDA Food Guide Pyramid.

Volumetrics is a weight management plan based on research related to satiety (satisfaction with eating enough food). It's about how different foods affect hunger and how full you feel. Volumetrics gets you thinking about the volume or portion size of foods you need to eat to feel satisfied. Many people feel they have to eat little tiny portions to lose weight or to maintain their weight at an acceptable level. But, when they do that, they feel hungry. A core concept is the amount of calories in a given weight of food (calories per gram) or the "energy density." When left to their own devices, people choose a fairly constant portion of foods from day to day. Volumetrics is based on maintaining the usual amount of food you eat yet lowering the calories in each portion so you can consume fewer calories yet feel just as full.

Fat raises the energy density of foods but water is also important because it adds weight and volume but no calories. That's why fruits and vegetables, which are high in water, are the main players. Volumetrics really leads you to the foods you should be eating anyway and explains how they can help control our caloric intake.

Here's an example from Dr. Rolls of how you can use the energy density of foods to help you feel full on fewer calories. Suppose you wanted a filling snack and had the choice of a tomato or pretzels. You could eat an entire medium tomato for 25 calories. For the same 25 calories, you could eat only 4 or 5 tiny pretzel sticks. That doesn't mean you should never eat pretzels, just that they're easy to overeat. Soup can also play an important role in helping with satiety.

We suggest people try new fruits and vegetables. Try cooking them different ways so you can maintain your interest. Most people are not eating enough from these two groups. Many people are getting a big hunk of their vegetable group from French fries. Cut back on eating fried vegetables and save the fat for healthy nuts or a piece of chocolate rather than drenching your veggies in fat.

Foods that look bigger in volume and with irregular shapes that fill the bowl more also can affect satiety. Water, though, is a bigger player than air. There are a lot more ways you can add water or water-rich fruits and vegetables to foods than there are things you can do with air."

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