

## Volumetrics Eating Plan

Developed by Barbara Rolls, Ph.D, this lifestyle-based weight management program centers on an eating plan that is built on commonsense. This means that Volumetrics does not restrict you from eating whatever you like, but it all depends on how much you eat them. It all boils down to choosing healthier food options, such as eating whole grains, fresh fruits and vegetables, lean protein, as well as good fats. Volumetrics also recommends jazzing up your favorite dishes and turn it into a nutrition-packed meals.

### How it works:

- Eat lower energy density foods—fat is an example of high density food where as water is an example of zero density food.
- Keep track of the food you eat
- Increase your physical activity
- Learn how to compute energy density

### Very low-density foods:

- Non-starchy vegetables
- Nonfat milk
- Soup broths

### Very high-density foods:

- Crackers and chips
- Cookies
- Chocolate/Candies
- Nuts
- Butter
- Oils

Foods that have high water content are recommended such as fruits and vegetables.

Cut down on eggs and cream. Instead, opt for egg whites, yogurt and applesauce.

High fiber foods and lean protein are recommended.

