

USING VOLUMETRICS TO GET RID OF HUNGER

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Listen to any weight loss expert these days and you will no doubt hear the phrase *volumetrics*. From Dr. Oz to Jenny Craig, dieting and food replacement is out, and healthy eating is in. Barbara Rolls, a leading authority on weight loss and professor of Nutritional Sciences at Pen State University coined the phrase “Volumetrics” to describe healthy sustainable eating habits based on the science of satiety – the feeling of fullness and satisfaction at the end of a meal.

Ms. Rolls states that cutting out or drastically restricting foods that we love is not sustainable. She also says that one of the reason diets don’t work is the lingering feeling of hunger. She says its time to stop dieting and eating “fake” food and start to choose foods that are healthy and control our hunger.

While most people can’t afford to have healthy volumetrics meals delivered to their home, they can learn the principals of choosing and preparing foods that are both nutritious and satisfying.

A Volumetric seminar was held recently at the Pepper Club in Penticton, Chef Matt Deacon Evans, prepared and presented 2 salmon dinners to the attendees. One was a conventional meal of salmon, vegetables and potatoes while the other followed the principals of volumetrics and healthy eating but also featured the same main ingredients. The volumetrics meal appeared larger but had less than half the fat and calories of the conventional meal. Chef Evans stated he used different cooking styles, reduced portion size of the higher fat items, increased fiber and used presentations techniques that made the healthier, lower fat meal appear larger and tastier. He stated that most chefs will prepare items to accommodate people wishing to lower their fat content and will also adjust portion sizes according to your directions.

Some of the basic rules of volumetrics are common sense such as increasing foods high in fiber, eating adequate amounts of lean protein and reducing the amount of fat. The uniqueness of the eating plan is in replacing higher density foods with more foods of lower density. The aim is to feel fuller and more satisfied while consuming fewer calories.

A food that is high in energy density has a large number of calories in a small amount of food. A food that has a low energy density has fewer calories for the same weight of food. Dr. Rolls says that this matters because we tend to eat roughly the same weight of food each day, regardless of the number of calories. You don’t have to go hungry to maintain or even lose weight. If we choose foods that offer fewer calories for the same volume, we will be able to manage our weight more effectively without going hungry. By making healthy food choices that keep us satisfied we are more likely to make permanent lifestyle changes that keep the weight off.

In the next article I will explain more about the science of volumetrics for use in weight loss.

Pia Jmioff is an Exercise Physiologist and Lifestyle Coach for the Medical Weight Loss and Lifestyle Change Programs and City Centre Health and Fitness. Call 250-487-1481 for a free consultation.