

Eat More Food, but Fewer Calories

Fiber-rich, watery foods deliver more volume to your plate and fewer calories. Ounce per ounce, foods with more fat and less fiber and water are more energy dense, packing more calories per ounce.

Energy-dense foods add up to less food for the same calories than those lower in energy density. For example, one cup of sliced raw carrots has 50 calories, while an ounce of chips has 150. And the carrots give you more nutrients and fiber and can leave you feeling full with fewer calories.

Try broth-based soups, fruits and vegetables, fat-free and low-fat milk and yogurt, and beans for low energy density, high volume foods that you can eat more of without all the calories.