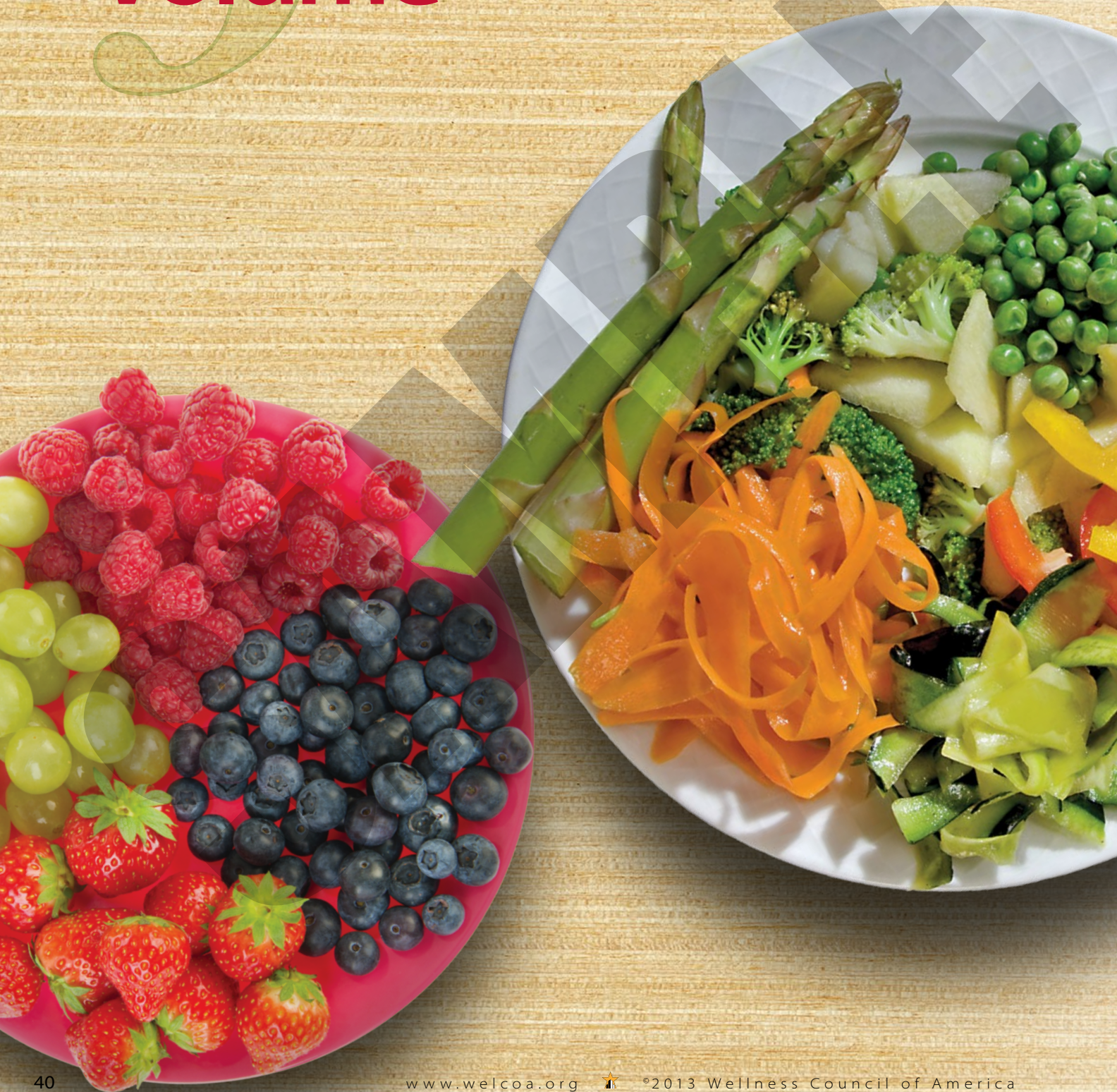




Pump Up The Volume

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WHEN IT COMES TO EATING LESS, IT REALLY BOILS DOWN TO QUANTITY... AND QUALITY. If you make a consistent effort to load up on high-volume foods that are low in calories, you won't have room for the other junk that often ruins your best weight loss intentions.

When it comes to what high-volume, low-calorie foods to choose, far and away your best choices are the “big yet skinny” fruits and non-starchy vegetables. These slimming foods are low in calories and big in volume because they have so much water and fiber. This unique fruit and veggie feature is oh-so-valuable in the quest to eat less because volume trumps calories when it comes to satisfying the desire for food.

Research has consistently shown that filling your stomach with a certain volume of food can shut off the brain's appetite center, regardless of how many calories come along with it. In fact, it appears that our bodies desire a given volume of food first and foremost over a certain number of calories.

This reality is instrumental for manipulating hunger and appetite. And in addition to quelling hunger, eating large quantities of fruits and veggies can also diminish the sense of deprivation people feel when they try to lose weight. Let's face it—we like to eat and we like to eat lots, and thankfully with fruits and veggies we can be glutinous without the risks. Even the sight of a plate filled with food—in this case fruits and vegetables, automatically makes you feel more satisfied! Considering all of this produce oomph, you should make it your goal to look for every possible opportunity to “bulk up” your meals and dishes with as many hefty, yet low-calorie fruits and vegetables as possible.

Let me give you a simple example to make this point: If you ate a big plate piled high with steamed broccoli, you would feel satisfied (likely even stuffed) from its volume, yet have only consumed about 130 calories. This eat less strategy has been shown to be highly effective in studies. When it comes to fruits and veggies, eating more and weighing less is real! And of course this eat less directive also taps into the extraordinary capacity of fruits and veggies to boost overall vitality. Bottom line—eating fruits and veggies comes with a built-in guarantee—the more you eat them, the healthier and the leaner you will be!

The Fat That's "Most Filling"

In a fascinating report that sought to investigate how various natural fats affect satiety (the feeling of fullness), olive oil came out on top. For three months researchers had study subjects supplement their normal daily diets with 500 grams of low-fat yogurt spiked with one of four fats—lard, butter fat, rapeseed oil, or olive oil.

Those consuming the olive oil yogurt had the highest levels of the satiety hormone serotonin in their blood and also reported the yogurt to be “very filling.” The researchers then dug a little deeper to determine what aspects of the olive oil could be responsible for its superior hunger-quieting effects. Two chemicals unique to olive oil's aroma extracts were found to be the likely active ingredients. They worked by maintaining the level of glucose in the bloodstream which helps keep the brain's hunger center in the off position longer. Relative to olive oils from Spain, Greece, and Australia—Italian olive oil provided the greatest concentrations of these appetite-suppressive aroma compounds.

Dr. Ann's...

PLAN OF ACTION

Eating less with more fruits and vegetables is not only healthy; it can be life changing and delicious, too! Just follow these simple steps to success.

- “Volumize” your meals and snacks with as many high-fiber, high-water fruits and vegetables as possible. The best choices include the following:
 - **Fruits**—berries, cherries, plums, any whole citrus fruits, melon, grapes, peaches, apples, pears, and kiwi. Avoid “low-volume” dried fruits.
 - **Vegetables**—cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards, carrots, garlic, onions, leeks, celery, cucumbers, tomatoes, asparagus, spinach, dark lettuces, bell peppers, and mushrooms.
- “Double up” your fruit and vegetable side dishes.
- Always go for non-starchy vegetable sides in lieu of starchy white carbs like white potatoes, pasta, and white rice.
- Feature vegetables as the star ingredients in your main dishes.
- Fill at least ½ of your plate up with veggies before dishing up the rest of your meal.
- If veggies are called for in recipes, add in extra. If they are not called for, add them anyway or look for a recipe that does. Dishes like salads, soups, and stews are especially accommodating to produce.
- Snack on raw fruits and vegetables.
- If you are not already a veggie lover, try roasting your vegetables. Roasting naturally brings out the flavor and natural sweetness in vegetables, which makes them delectable. I have several free recipes on my website: www.DrAnnWellness.com.
- Strive to always begin your meals by eating any fruits and veggies on the plate first. We tend to eat the most of what we start with, and starting with veggies has been shown to help you eat less of the other foods on your plate.

RESEARCH CORNER

“Volumizing” With Vegetables

Filling up on fruits and vegetables is one of the most powerful pathways to help you eat less. In one weight loss study, obese study subjects who had the greatest reduction in energy density over the six month study period, i.e., those who ate the most fruits and veggies, lost more than two times as much weight as those with the least reduction in energy density. What’s more—the fruit and veggie eaters literally ate $\frac{3}{4}$ of a pound more food a day! As a double bonus, including more fruits and veggies in your diet not only reduces caloric intake, but also dramatically boosts the nutritional quality of your diet. I always include at least one cup of fruit at breakfast and $1\frac{1}{2}$ cups of veggies at lunch and dinner. If you have not already achieved this milestone in healthy living, I urge you to do so. I know of no other nutritional undertaking that will more quickly transform the way you look and feel, while simultaneously turning you into a biological bastion.

Dr. Ann's List Of Superstar Foods For Appetite Control

- Lean animal proteins—fish, shellfish, skinless poultry, omega-3 eggs, low-fat dairy products (especially plain Greek yogurt).
- Plant proteins—whole soy foods, nuts, seeds, and beans (especially beans!).
- Non-starchy veggies—cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards, carrots, onions, leeks, tomatoes, asparagus, spinach, dark lettuces, bell peppers, avocados.
- Mushrooms.
- Non-tropical fruits—berries, cherries, plums, apples, pears, grapes, kiwi, peaches, and melon.
- Physically intact whole grains—oats, brown or black rice, barley, bulgur, quinoa, kasha, farro, etc.
- High fiber cereals—choose those with at least five grams of fiber per serving (avoid those with >10 grams of sugar).

