# Eat Less Calories, Feel More Full

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Is there a way to eat just as much as you normally do, volume wise, yet cut calories? Believe it or not, this can actually be done if you carefully choose the right foods. The rules of metabolism will always hold true- if calories in equals calories out, you will maintain your current weight; if calories in are more than your calories out, you will gain weight; and last but not least, if calories in are less than calories out, you will lose weight. However, certain foods add a fullness factor, take longer to digest, and send signals to your brain saying that you are in fact being satisfied by the meal. And therefore, eating these foods will make you feel more satisfied for longer, thus eating less.

If you choose less calorically dense foods, you can eat the amount that you are use to eating without the feeling of deprivation that you have with other eating plans. For example, you can choose ½ of a baked potato with margarine and sour cream or choose a whole baked potato without margarine and instead top with low fat sour cream. The second choice contains fewer calories in a larger portion! Another easy to understand example is milk, you can drink 5 ounces of whole milk or 9 ounces of skim milk and still be consuming the same amount of calories. In addition, foods containing a good dose of fiber, like whole grains, are better for you, add that fullness factor and slow digestion.

These are just a few of the many ways you can decrease the calories you consume and still enjoy the same types of food that you are use to. Learning to choose and enjoy lower calorie foods takes some getting use to, but over time you can adjust.

This type of plan can certainly be a healthy way to eat and organize your diet. You are not excluding any major food groups or nutrients, which is a red flag with certain diet plans out there that encourage you to stop eating carbohydrates or fats all together. You need a good variety of foods in your diet in order to get all the nutrients necessary for a healthy body.

In fact, eating this way may seem like common sense when trying to lose weight or maintain a healthy weight, but sometimes just being conscious of the choices we make and know that you will not be deprived of the foods that you love make it that much easier to choose wisely.