

Smart Choices

Nutrition News

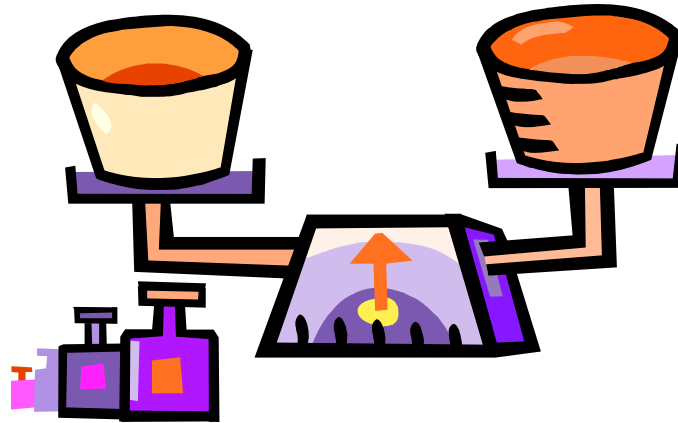
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Eat More, Weigh Less!

How would you like to feel full on fewer calories? Wouldn't that make weight control much easier? Research shows that food weight plays a bigger role in reducing hunger than food calories. Weight sends stronger fullness signals to your brain by stretching your stomach. In fact, most of us eat about the same weight of food each day even though our daily calories may vary greatly.

To use the hunger-reducing power of food weight, try to include two types of foods that are low in calories per gram of weight:

1. Foods not overly high in fat—each gram of fat adds 9 calories versus just 4 calories per gram for carbohydrates or protein. Compare full-fat mayonnaise (7 calories per gram) with reduced-fat mayonnaise (3 calories per gram); fried chicken (3 calories) with grilled chicken (1.5 calories); full-fat cheese (4 calories) with reduced fat cheese (2.5 calories). How-



- ever, don't completely cut out fat since it does add flavor.
2. Water-rich foods—especially fruits, veggies, and broth-based soups. Water is calorie free and swells food volume so your eyes, teeth and stomach feel you've eaten more than you really have. For example, without water 1 cup of grapes (110 calories, 160 grams of weight) shrinks to 1/4 cup of raisins (still 110 calories, but now just 36 grams of weight and a lot less filling). The same is true for pasta. One-half cup of pasta (110 calories, 70 grams of weight) is more filling than 5 pretzels (110 calories, but just 30 grams of weight).

Water weight helps satisfy hunger only if it is actually part of the food. Drinking water doesn't work, since it leaves your stomach too quickly. That is also why whole fruit is more filling than juice. Here's proof—in one study women had a 270 calorie casserole

plus a 10-oz. glass of water as a first course for lunch. However, when the water was cooked into the casserole instead, they felt fuller and ate 100 fewer lunch calories overall. (Continued on next page.)

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Eat More, Weigh Less!

(Continued.)

Here are some tips for adding hunger-reducing water weight to food:

- Begin a meal with a low-calorie salad.
- Add extra vegetables to pasta, pizza, canned soup, sandwiches or a casserole.
- Cook extra water into a casserole to make it more water-rich.
- “Weigh down” a chicken salad with grapes or sliced apples. For a tuna salad, add celery, peppers or tomatoes.
- Include whole fruit with breakfast. Add fruit to yogurt. Choose fruit desserts.
- Include skewers with fruits and vegetables at the next barbecue.



Lentil Soup

- 1 pound bag of lentils
- 6 cups water
- 2 cups chicken broth
- 2 carrots, peeled and diced
- 1 (10 ounce) package frozen spinach
- 1 bay leaf, optional
- 2 tablespoons tomato paste

Wash lentils and check for small stones. Put in a stock pot with water and broth; heat on medium-high heat. Microwave spinach to defrost. Add carrots to soup. Break up spinach and add to pot along with bay leaf. Dissolve tomato paste into soup mixture. When soup comes to a boil, lower heat and simmer for 45 minutes.

Serves: 12 (Serving Size—1 cup)

Nutritional Information per serving:

Calories: 150

Protein: 12 grams

Sodium: 210 milligrams

Carbohydrates: 24 grams

Fat: 1 gram

Fiber: 13 grams

Tips: Lentils are a high protein, low cost legume that do not require soaking prior to cooking.

Why should trans fats be reduced in my diet???

Scientific studies have shown that trans fats raise the blood levels of LDL cholesterol in blood. LDL cholesterol is known as the “bad cholesterol”; you can remember it as being lousy. High blood levels of LDL cholesterol are a risk factor for heart disease. Trans fat also lowers the levels of HDL cholesterol which is the “good” cholesterol in the blood. You can remember it as being “healthy”. Low blood levels of HDL are another important risk factor for heart disease. Check the Nutrition Facts Label to see if the foods you are eating contain trans fats.



What’s the Purpose of Food Stamps?

The Food Stamp Program isn’t about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using food stamps. The Food Stamp Program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELPU or visit www.dss.state.la.us.

Provided by LSU AgCenter Community Nutrition Programs

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Issued in Furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with USDA. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This material was funded partially by USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out how to apply, call 1-888-LAHELPU or visit: www.dss.state.la.us to download an application for Food Stamps