

Volume vs Calories

Think of calorie density as the amount of energy packed into each bite of your meal. It's like the power-to-weight ratio for food – how many calories are crammed into each gram of what's on your plate.

- To figure out a food's calorie density, you just take the total calories and divide them by the food's weight in grams. It's a piece of cake!

Keep in mind: Size does matter. A dollop of calorie-rich olive oil may seem innocent, but it doesn't hold a candle to the caloric punch of a mountain of medium-density French fries.

- Opting for less calorie-dense meals lets you fill your belly without overloading on calories, leaving you full and content without the guilt of heavier meals.

- Even though you can enjoy heftier portions of low-calorie-density foods, don't forget that portion control is still the name of the game.

- If you're hankering for something indulgent and rich in calories, go ahead, but remember to keep it to a nibble rather than a feast.

- Cutting down on fats is a smart move since fats are calorie heavyweights compared to proteins or carbs. For instance, swapping out a creamy sauce for a tomato-based one can make a big difference.

- The trick is to play around with water content in your foods. Water pumps up the volume without tipping the calorie scale. This usually means tossing in loads of veggies. Think of bulking up your pasta with a colourful medley of broccoli and peppers.