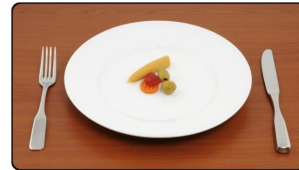# Hello Friends!

Is anyone happy when they are served a meal with more empty plate than food? I doubt it! Have you ever thought about how much food would satisfy you on a given day in terms of weight rather than calories?

Satiety, the sensation of feeling full, is something we all want to achieve with a meal, and it can be difficult with tiny portions. Many diets try to cut back on portion sizes, and they therefore leave us feeling hungry. What does it take to reach satiety and feel full? In her research, Dr. Barbara Rolls figured out that TWO to THREE pounds of food each day is the answer. **This means that people make food decisions or choices based on portion size, not calorie content.** The foods we select in those two to three pounds are the difference between health (and an ideal body weight) and disease, including unwanted stores of subcutaneous and/or visceral body fat. (see the original paper)

Starbucks
Double-Smoked Bacon,
Cheddar, and
Egg Sandwich
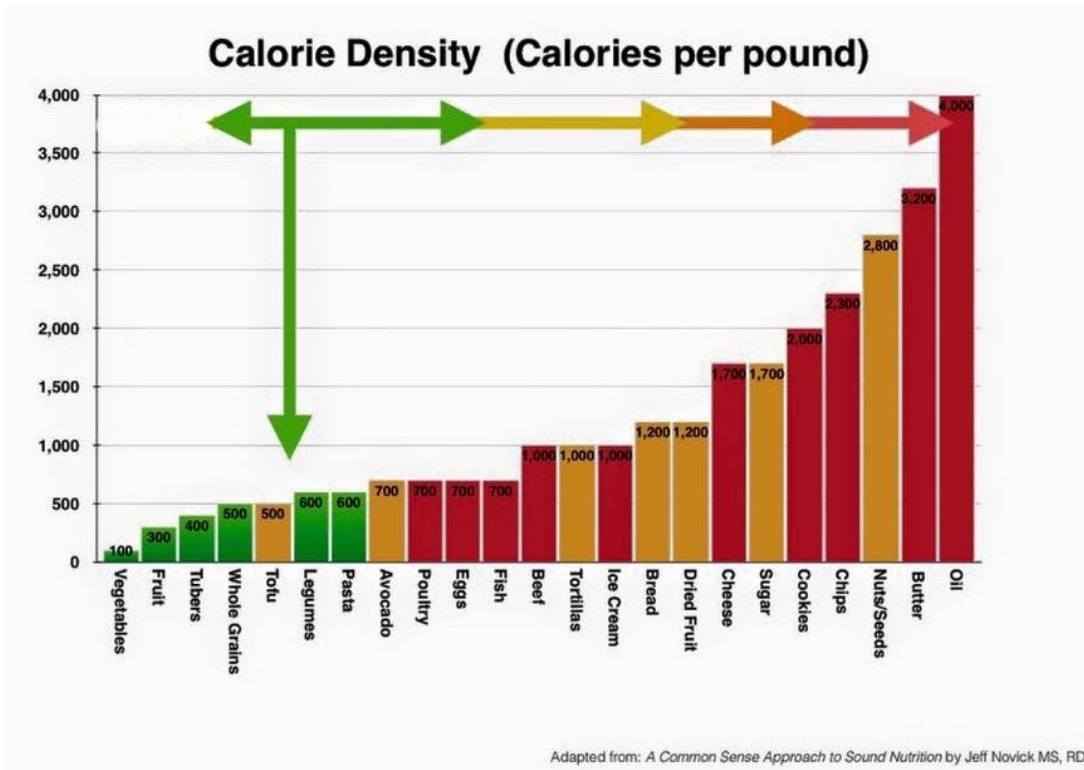
Weight = 147 grams
Calories = 490 calories

Oatmeal
Blueberries
Walnuts
Cantaloupe

Weight = 547 grams
Calories = 490 calories

In the diagram above, the meal on the left is only one-third of a pound, while the meal on the right is 1.2 pounds (and both have the same number of calories)!

Regardless of the source, our bodies are generally satisfied with 2-3 pounds of food each day. Deriving our daily intake from whole plants foods (lower in calorie density) rather than animal-based or processed foods provides for greater nutrition while achieving satiety without excess calories.

Calorie Density (Calories per pound)

Adapted from: *A Common Sense Approach to Sound Nutrition* by Jeff Novick MS, RD

Again, satiety is about VOLUME, not CALORIES. Click here to see a page where each plate contains 200 calories.

BOTTOM LINE: To satisfy hunger, enjoy foods that allow for greater volume with fewer calories; save high-calorie foods for times when a small portion will suffice.

Although not exclusively plant-based, Dr. Rolls' books in the Volumetrics series provide a framework for living a healthy lifestyle and maintaining an ideal body weight by using calorie density when making food decisions.

With hopes of good health, compassion, and responsibility,
Brooke at Plants Over Animals