

VOLUME MATTERS

When it comes to feeling full and satisfied with a meal, *volume matters*.

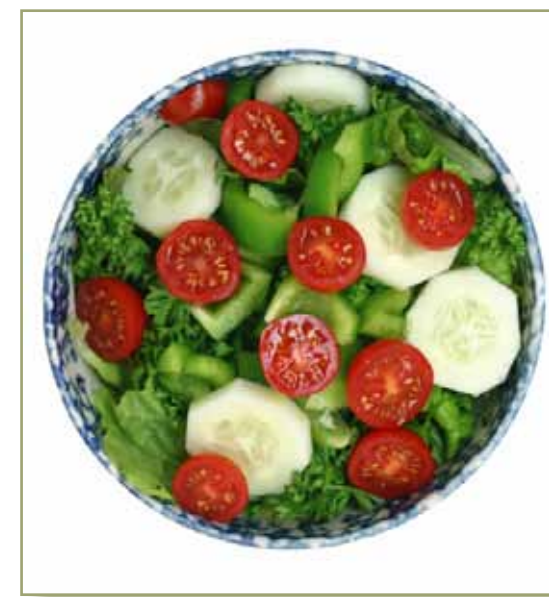
It is after eating a certain volume of foods that we feel satisfied.

Try to eat meals with good volume, but moderate in calories, by choosing low fat dishes which are rich in fruits and vegetables.



1 egg biscuit
and a caffe latte (8oz)
= 517 calories

1 strawberry smoothie,
1 slice of whole wheat bread
and 1 tablespoon of peanut
butter = 378 calories



1 cheeseburger,
1 medium fries
and 12oz of soda = 825 calories

1 small garden salad, 1 cup of
tomato soup, 1 turkey sandwich and
1 fruit bowl = 814 calories



1 slice of cheesecake = 520

15 strawberries, chocolate (1oz)
and 1 cookie (1.6oz) = 396 calories