

Healthy Living

Top 10 Ways To Eat More And Weigh Less

(NAPSA)—Looks like mom was right when she told you to eat your vegetables.

Since 2000, Dr. Barbara Rolls' Volumetrics program has advocated consuming a nutritious diet rich in low-calorie-density vegetables, fruits, high-fiber starches and lean protein.

"The concept of 'eating more and losing weight' resonates extremely well with today's health-conscious consumers," explains Lisa Talamini, RD, vice president, research and program innovation for Jenny Craig, Inc., which recently signed an agreement with Dr. Rolls to become the only weight loss organization to use the Volumetrics approach and trademark. "Our Jenny Craig Menus with the Volumetrics® Plus encourage clients to eat plenty of vegetables and fruits, as well as our tasty Soupitizer soups, which fill them up without filling them out."

Here are 10 easy ways to "volumize" your meals:

- Look for breads that are 100 percent whole-wheat or whole-grain, with at least 2 grams of fiber per slice. Pick cereals with at least 3 grams of fiber per serving.
- Choose higher-fiber whole fruit over fruit juice. Select water-rich fruits such as grapes (2 cups) over raisins (¼ cup) for the same 100 calories.
- Add kidney beans, black beans, lentils, chickpeas and split peas to pastas, soups and stews.
- Select brown rice and whole-wheat or wheat-blend pasta.
- Choose moderate portions of lean protein-rich poultry, seafood, nonfat dairy foods, egg whites, tofu and legumes, pairing them with whole grains, vegetables and fruits.
- Pick low-calorie, higher-protein snacks such as nonfat yogurt,



The secret to eating more and losing weight may be incorporating more fruits and vegetables into your daily diet.

lean turkey slices, low-fat mozzarella sticks, or black beans or hummus served with veggies.

- Sauté mushrooms, onions, garlic, celery and other veggies in bouillon, low-fat chicken stock or wine instead of butter, margarine or oil.

- Steam carrots, cauliflower and broccoli, seasoning them with butter-flavored sprinkles instead of heavy cheese sauces.

- Add flavor to your foods by trying lemon juice on rice, lime juice on fish, orange juice on pork, or tomato salsa on baked chicken.

- Enhance the taste of foods with nonfat sauces and condiments such as ketchup, mustard, salsa, soy sauce, fresh ginger, horseradish and Worcestershire sauce.

For more tips on healthy eating, visit www.jennycraig.com or call 1-800-Jenny20.