Volumetrics

These components of a meal help us feel more satisfied for longer

Lean protein: lean meats, poultry, fish, cheese, cottage cheese, eggs, nuts, peanut butter, tofu, legumes (kidney beans, chick peas, baked beans, lentils, split peas, etc.)

Fibre: choose whole grain products, fruit and vegetables, nuts, legumes. A serving of food with at least 4 grams of fibre is considered a "good source" of fibre.

Fluid that is part of a meal: this includes soups, casseroles, vegetables, fruits, cooked grains.

High volume foods with lower calories per portion: the weight of the food in your stomach (rather than the calorie level of the food) signals to your brain that you are getting full.

How to make high volume foods with lower calories per portion

1. **Use lower fat ingredients or healthier fat substitutions** (see "reducing and improving fat in recipes" in your meal planning toolkit)

2. **Cook with less fat** – choose small amounts of healthy fats such as olive oil. Cooking sprays help to lubricate bakeware, cookware and food surfaces with a minimal amount of fat.

3. **Incorporate water or foods high in water (e.g. vegetables, fruit) into your meals. Some examples include:**
   - eat fruit with breakfast
   - make a fruit salad with two or more of your favourite fruits
   - top cereals, pancakes, waffles with fruits such as peaches, blueberries, strawberries, or raspberries. Frozen or canned fruit (in own juice) work well.
   - choose fresh fruit for a snack
   - add vegetables such as zucchini, yellow squash, peppers, onions, eggplant, broccoli and spinach to pasta dishes and pizza
   - add extra vegetables to sandwiches and wraps
   - increase the proportion of vegetables in stir-fry dishes, fajitas, soups and stews
   - start lunch or dinner with a bowl of broth-based vegetable soup
   - include a tossed green salad or fruit salad with dinner
   - choose desserts than contain fruit