

# Add Volume to Control Calories ....

*Learning for Life*

**Choose fewer energy dense foods!**

**The University of Georgia  
Cooperative Extension**

Contact your local office at



- We eat the same volume or weight of food each day.
- High fiber foods and foods with a high water content are less energy dense. The same volume of these foods will fill you up with fewer calories. **Eat plenty of these daily.**
- Foods with higher energy densities usually have less fiber and more fat and sugar. **Control your portions of these foods.**
- On the food label, the calories in a serving of a low energy dense food will be less than it weighs in grams.





**Daily**

**Low energy dense foods are ...**

- Non-starchy vegetables
- Fruits
- Non-fat and low fat dairy foods
- Broth-based soups

**High energy dense food are ....**

- Crackers
- Chips
- Candy and chocolate
- Desserts and sweets



**Occasionally**

**Examples of moderately high energy dense foods ...**

Starchy vegetables	Pasta	Cheese	Pizza
Whole grains	Meat	Salad dressing	
Bean soup and chili	Pretzels	Ice cream	

**Control portions**

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