

# ADD FOOD, CUT FAT

BY FRANK G. BOTTONE, JR., PH.D.

## Dear M&F,

I'm eating to lose fat and preserve lean muscle, but I seem to keep losing the battle with hunger. How can I feel more full without adding extra calories?

—Aaron H., Virginia Beach, VA



Scaling back on calories doesn't necessarily mean decreasing the amount of food you eat.

**H**unger is a very real obstacle to losing weight. Choosing foods with a low energy density allows you not only to eat more food and feel full for longer, but also consume fewer calories—while still getting all the nutrients you need to maintain and build lean muscle. Energy density is defined as the number of calories in a given food divided by the number of grams. Foods can have an energy density ranging from zero to nine calories per gram. High-fat items fall closer to nine calories per gram (energy dense), while foods with lots of fiber and water, such as produce, soups, and salads, contain far fewer calories per gram (energy lean). When you replace energy-dense foods with energy-lean ones, the combination of high protein, fiber, and water content works to keep you feeling full for longer without adding unwanted calories and fat to your diet—and your body.

### AARON'S OLD DIET

#### BREAKFAST

- 4 scrambled eggs
- 1 English muffin
- 1 **tbsp** low-fat butter

#### LUNCH

- 4 **oz** chicken breast
- 3 strips bacon
- 1 **cup** lettuce

- 3 slices tomato
- 1 **tbsp** low-fat mayonnaise

#### AFTERNOON SNACK

- 1 peanut butter protein bar with 20g protein

#### POST-WORKOUT SHAKE

- 30g hydrolyzed casein and whey protein blend

### DINNER

- 16 **oz** bag frozen mixed vegetables
- 2 **cups** chicken, cubed
- 1 can condensed reduced-sodium cream of chicken soup
- 1 can cream of mushroom soup
- 8 **oz** crescent dinner rolls

## The Hungry Man's Low-Calorie Diet

EAT LIKE THIS ON DAYS YOU GO LOW-CAL

#### BREAKFAST

- ½ **cup** steel-cut oatmeal (dry measure) with cinnamon and sugar to taste
- 4 egg whites

#### LUNCH

- 1 **cup** split pea soup
- Smoked turkey and artichoke sandwich:
- 2 slices marble rye bread
- 2 **tbsp** artichoke spread

- 4 **oz** thinly sliced smoked turkey
- 1 thin slice onion
- 2 thin slices tomato
- 1 leaf lettuce
- 1 pickle, unsalted

#### AFTERNOON SNACK

- 1 peanut butter protein bar with 20g protein

#### POST-WORKOUT SHAKE

- 30g hydrolyzed casein and whey protein blend

### DINNER

- Lettuce wraps:
- 2 **cups** cooked chicken, finely chopped
- ¼ **cup** medium green onion
- 8 **oz** water chestnuts
- ½ **cup** spicy peanut sauce
- 1 **tbsp** mint leaves
- ¼ **tsp** crushed red pepper flakes
- ½ **cup** roasted, salted peanuts
- 6 lettuce leaves

### TOTALS

FAT 41G | CARBS 161G | PROTEIN 124G

CALORIES 1,572