



VOLUME MATTERS

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

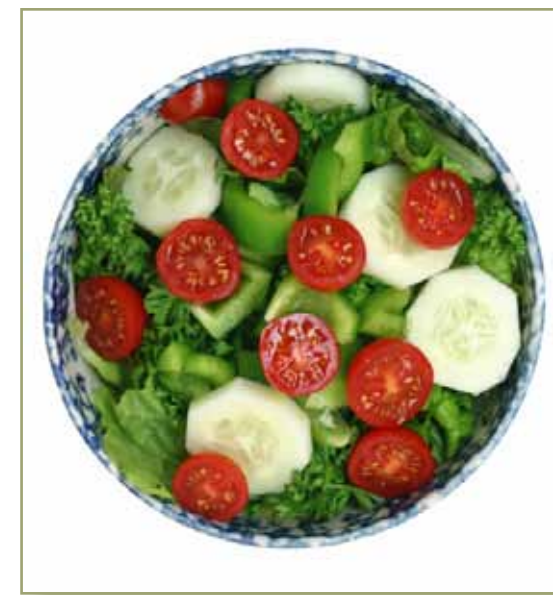
It is after eating a certain volume of foods that we feel satisfied.

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