

## Eat Fewer Calories Without Reducing Portions

People often complain that when they eat fewer calories they still feel hungry after their meal. But another approach to eating claims you don't have to reduce your portion size to reduce calorie intake.

The approach is called "volumetrics." And the idea behind it is to replace high-energy, high-density foods with lower-energy, water based foods. That way, you can eat the portion size you are used to and still reduce your calorie intake. For instance, raisins are considered a high-energy, high-density food. Grapes, on the other hand, are considered a lower-energy, high-water-content food. You can eat about one and two-thirds cups of grapes to every quarter cup of raisins for the same calorie count. So you'll feel more full after eating the grapes, because you can consume a higher volume of the food.

So, if you want to make chili that's lower density, so you can reduce your calorie intake, increase the amount of tomatoes or celery and reduce the amount of meat you use for a higher-volume version of the food.

—adapted from the National Pasta Association Web site

## Five Foods To Avoid

You can eat anything you want—just in moderation—right? Well, maybe that's not always such a great idea. There are some foods that have absolutely no nutritional value—and can sometimes be harmful to your health. Here's a list of five of them:

- Doughnuts: They're fried, packed with sugar and made from white flour. On average, a doughnut will deliver 200 to 300 calories to your diet.
- Soda: One can of soda contains about 10 teaspoons of sugar and about 150 calories. Soda has been linked to obesity, tooth decay and heart disease.
- French fries: They're high in trans fat. Potatoes are loaded with simple sugars that are quickly converted to glucose. Take that raw material and fry it in oil—well,

you get the picture.

- Chips: They're high in trans fat. Same as above.
- Fried seafood (nonfish): That includes shrimp, clams, oysters, lobsters, etc. They have the same trans fat problems as chips and fries, with the added risk of harmful mercury content.

—adapted from "The five absolute worst foods you can eat," by Dr. Joseph Mercola with Rachael Droege, on [www.mercola.com](http://www.mercola.com)

## Ingredient In Chocolate Can Stop Coughing

Theobromine, a derivative found in chocolate, has been found to be more effective in suppressing coughs than codeine.

Researchers at the Imperial College of London and Royal Brompton Hospital think this could be a big step forward in finding a more effective treatment for coughs. In the study, researchers used capsaicin to induce coughing and found that when participants were given theobromine, the level of capsaicin needed to produce a cough was about one-third higher than when given a placebo.

Theobromine suppresses certain nerve activity, which causes coughing. Theobromine caused no negative effects on the cardiovascular or nervous systems.

While the study has not indicated that eating chocolate will suppress coughing, it does suggest that doses of theobromine might be effective in the future in controlling coughing.

—adapted from FoodNaviagtor.com

