



## eat more, weigh less

People who choose low “energy-dense” diets eat more food (by weight) but consume fewer calories, helping them to better regulate their weight, according to a new study of more than seven thousand Americans published in the *American Journal of Clinical Nutrition*.

This is an important finding, as there are now more *overweight* people in the world than *undernourished*! Experts also warn that the obesity pandemic has become as big a threat to the health of the human race as global warming and bird flu!

### what is “energy density”?

Energy density refers to the amount of energy (calories) per ounce/gram of food. Foods or diets that have a high energy density are therefore rich and require you to spend more time being physically active to burn them off. These foods also usually tend to be drier and contain fewer nutrients—for example, cakes, cookies, and candy.

Compared to this are nutrient-dense but low energy-dense foods, such as fruits and vegetables. These have a higher water and fibre content per ounce/gram so you can eat more of them, feel full, and stop eating naturally before you overdo it on the calorie intake!

So, which would fill you up more: two small cream cookies or three cups

of strawberries? They have the same number of calories.

Studies indicate that people tend to eat a fairly consistent weight of foods over the course of a few days. So, choosing foods with a low energy density makes sense, as you can literally eat more but weigh less.

In the US study, the people with a high fruit and vegetable intake had the lowest energy-density values and the lowest obesity prevalence.

### five ways to eat more nutrient-dense foods

1. Serve a clear vegetable soup before the main meal.
2. Include a large mixed salad at main meals.
3. Steam, stir-fry, or oven roast vegetables and feature these at your main meal.
4. Enjoy a gourmet fruit platter, fruit compote, or tropical fruit salad for dessert.
5. Choose fresh fruit, in season, for a snack when hungry.

## FOR MORE INFORMATION

For further information on healthy eating please contact *Sanitarium Nutrition Service*

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## passionfruit, avocado and spinach salad

### salad

- 2 avocados, sliced
- 1 cup pawpaw, sliced thinly
- 100 g baby spinach leaves
- 4 stalks celery, sliced
- 1 small Spanish onion, sliced

### dressing

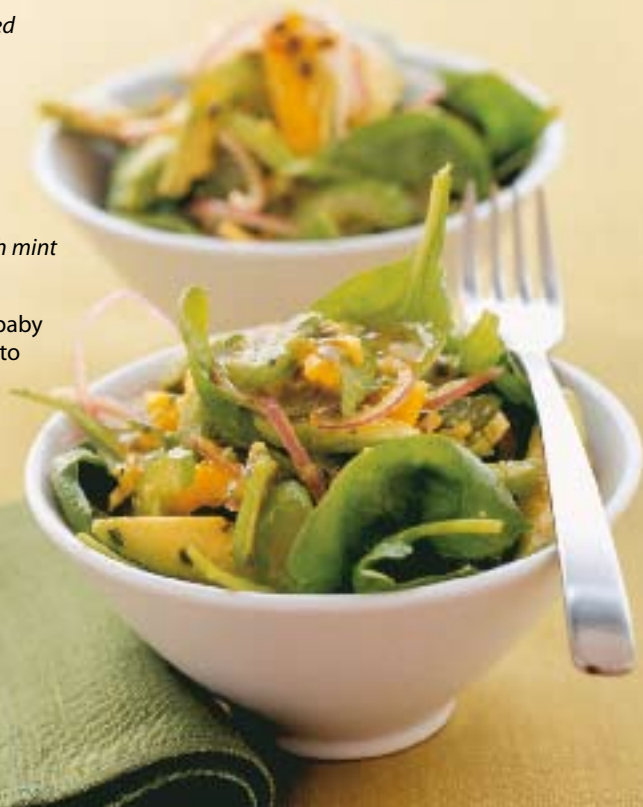
- 1 lemon, juiced
- 1 orange, juiced
- 3 teaspoons olive oil
- 4 passionfruit
- 2 tablespoon chopped fresh mint

PER SERVE: 880 kJ (210 calories). Protein 3 g. Total Fat 20 g.  
Saturated Fat 4 g. Carbohydrate 5 g. Total Sugars 4 g.  
Sodium 20 mg. Potassium 600 mg. Calcium 45 mg.  
Iron 1.4 mg. Fibre 4.3 g.

1. Place avocado, pawpaw, baby spinach, celery and onion into a salad bowl.

2. In a separate bowl, mix dressing ingredients. Pour over salad. Serve chilled.

Serves 6.



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