

# **VOLUMETRICS**

# **DIET**

**The Ultimate Weight Loss Plan or Myth**



# **Volumetrics diet: The ultimate weight loss plan or myth**

*By The SteadyHealth Community  
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See Other Books For Weight Loss

## Share Your Experience

We are hoping that you found your answers and motivation on these pages. If you are willing to help others by sharing your story please contact me at **contact@steadyhealth.com**.

We will be happy to hear your experience and with your approval add it to the second edition of this book.

Just think how many people out there struggle with their weight loss and how they will appreciate your help in their journey. Remember, keep the faith and you will achieve imaginable!

## Foreword: Who should read this book?

Would you like to eat more and weigh less? It sounds almost utopian, and yet it sums up nutrition professor Barbara Rolls' approach to dieting very well. You're already aware that the Volumetrics diet teaches you which calorie-dense foods should be minimized and what kind of low-density meals will help you feel full on fewer calories. If that sounds wonderful to you, but you're not sure if the Ultimate Volumetrics Diet also delivers results and you want to see the diet through the eyes of real consumers, this book is for you.

## About Us

[SteadyHealth.com](http://SteadyHealth.com) is a [health-related online community](http://SteadyHealth.com) with more than 300,000 registered members and millions of monthly visits. SteadyHealth.com is intended to provide members and visitors with relevant health-related information, through health-related discussions, shared personal experiences, medical expert answers and quality content.

Besides high quality medical content, SteadyHealth.com also offers a lot of valuable information on sexual health. Information provided in this book is a result of real life experiences combined with professional advice and information given by sexual health experts and professionals.

## **Volumetrics: A Sensible Diet That Really Works**

Volumetrics is a diet plan that can honestly advertise "Eat more! Weigh less!" without calorie counting, without food journals, and without restrictions in choice of foods. Volumetrics cannot compensate binge eating and other eating disorders, and it cannot help you lose weight if you are addicted to specific foods, but for most people it is a blissfully simple way to lose a pound or two (up to about 1 kg) a month without really trying. All that is necessary is the ability to plan your meals and careful attention to just one diet principle.

### **What Is the Volumetric Diet?**

Volumetrics is the brain child of Dr. Barbara Rolls, a professor of clinical nutrition at the Pennsylvania State University and the University of Pennsylvania's school of medicine. Dr. Rolls is the author or co-author of over 250 papers published in the medical journals and six books. She is recognized as one of the world's best known scientific experts on the subject of obesity.

Dr. Rolls teaches people who want to lose weight how to take off the pounds without dieting. The fundamental principle of her now-famous volumetric diet is **satiety**. People (who don't have food addictions or other addiction issues) stop eating when they feel satisfied. The greater the satiety after a meal, the longer it will be before the person eats again. Increasing satiety helps people lose weight without dieting, and the principle way in which people achieve satiety with a meal is by feeling full. It is not possible to lose weight without reducing calories, but it is possible to reduce calories without feeling hungry.

The best way to avoid hunger is to "fill up" on low-calorie foods, and the lowest of all low-calorie ingredients is water. The more moisture there is in a food, the more it satisfies hunger. Drinking water doesn't result in food satisfaction, because it quenches thirst, not hunger. Water in food adds bulk to the food, filling up more of the stomach, causing the food to take longer to be digested, keeping the stomach fuller, longer. The more "moist" foods you eat, the less you want to eat.

## **Losing Weight with Soup**

Barbara Rolls conducted at least 75 experiments with soup as a weight loss tool. Her methodology was very simple. In most of her experiments, she recruited two groups of volunteers and provided them with a free all you can eat buffet, the cost of the buffet only being that food was measured as it was doled out onto the plates.

Typically she asked half of her volunteers to begin their meal with a cup (240 ml) of soup, and let the other volunteers eat crackers or nuts or dry appetizers. She then measured how much food the volunteers took. On average, the volunteers who started their meals with a cup of soup ate 150 to 300 calories less in total. Even if the reduction in intake is just 150 calories and even if volunteers ate soup just once a day, they tended to lose about a pound (450 grams) of fat every month, without consciously counting calories, just effortlessly eating less.

## **Other Food Choices that Lead to Weight Loss**

The reason soup fills you up is that slowly simmered soups contain complex combinations of proteins from their ingredients. The stomach does not let the soup pass down to the small intestine until all of those novel proteins are broken down. The stomach fills up faster, and diners automatically eat less. Water-based soups, of course, are more effective for encouraging weight loss than cream-based soups.

The volumetrics diet isn't just about soup, however. There are many other foods that increase satisfaction with fewer calories.

- Salads with green leafy vegetables and tomatoes reduce appetite and increase satisfaction with the meal.
- Vegetables added to carbohydrate foods, such as spinach added to a risotto, or parsnip or mashed cauliflower added to mashed potatoes, or mirapoix added to noodles, add flavor and take up space in the stomach.
- Certain dry foods are easy to eat in excess. Chips, cheeses, pretzels, candies, jerky, and dried fruit pack calories but don't build satiety. Dr. Rolls doesn't tell her patients that they can never eat these foods, but that they need to eat them mindfully, in conjunction with moister foods that are higher in water content.

- Fiber increases satisfaction with a meal. If breakfast is a problem, consider eating oatmeal. The soluble fiber in oats not only is filling but also activates a hormone called cholecystokinin, which signals the brain that a "comfort food" has been eaten.
- Sugary beverages are particularly detrimental weight loss efforts. Juices aren't a lot better, although 1 cup (240 ml) of juice a day usually can be tolerated.
- Moist meats, such as pot roast, stews, and slowly cooked tender meats are preferable to fried meats, dried meats, and meats in mayonnaise, not just because of the calories, but because of the density of the calories. The fewer calories there are in a bite of food, the easier it is to eat all you want and lose weight.
- Fat-free desserts don't help you control your appetite. The knowledge that you are eating a fat-free food may even lull you into consuming more calories than you would if you knew you were eating a decadent dessert. If you are going to indulge in a fat-free dessert, opt for pudding or ice cream, not cookies or cake.

## Don't Try to Eat Less

Through years of laboratory testing, Rolls and her colleagues confirmed that people eat a regular volume of food, not a regular number of calories. If you go out for Chinese food, and you typically eat a cup of stir-fry and a cup of rice, you will still want a cup of stir-fry and a cup of rice whether the chef uses a little oil or a lot. If you are used to eating a salad at the beginning of your meal and you skip it, you will want more meat and potatoes for your main course. Our stomachs are set for a certain volume of food, not a certain number of calories.

This means that you should not try to eat less. If anything, you should try to eat **more** low-calorie, moist foods that provide fewer grams of fat and sugar. Once Rolls' patients get into the habit of eating salads and soups, they sometimes have to be instructed to eat more of the right food to avoid losing weight too fast. Volumetrics is not a quick weight-loss diet. It's almost impossible to lose more than about 1-2 pounds (up to a kilo) of weight every week on this plan. But the volumetric diet is a lifestyle that can keep weight off indefinitely, without deprivation, restricted choices, or having to buy expensive or exotic foods.

# REAL-LIFE EXPERIENCES

**Disclaimer:** These views and experiences are the product of interviews and surveys conducted with real consumers, whose identities remain anonymous to protect their privacy. They are provided for informational purposes only, and do not necessarily reflect SteadyHealth's opinions. SteadyHealth does not endorse any weight loss or dietary products or nutritional styles, and potential consumers are reminded to consult their physician before using supplements and medications.

## 1. Gender, age, location?

**Patricia:** female, 53 years old, Harrisonburg

**Pamela:** female, 55 years old, New England

**Felisha:** female, 46 years old, Atlanta

**Mary:** female, 53 years old, San Diego

**Nina:** female, 61 years old, Hemet, CA

**Sharon:** female, 39 years old, Albany

**Courtney:** female, 62 years old, Kitsap County

**Sheila:** female, 44 years old, Tampa

**Theresa:** female, 45 years old, Oklahoma City

**Ben:** male, 41 years old, Mountain View, CA

**Anna:** female, 28 years old, Phoenix

**Maria:** female, 42 years old, North Carolina

**Elizabeth:** female, 37 years old, Albany

**Harold:** male, 68 years old, Kansas City

**Deborah:** female, 51 years old, Salt Lake City

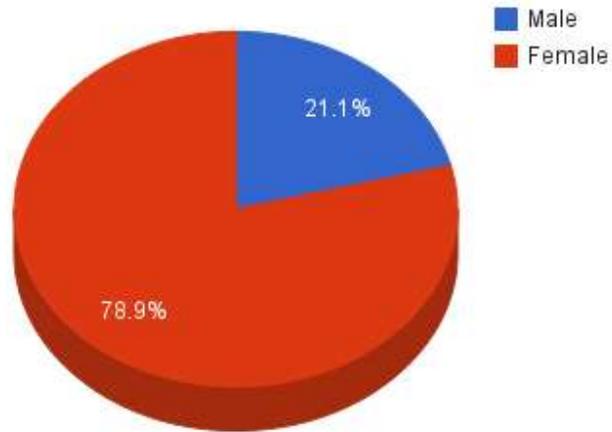
**Donna:** female, 43 years old, Forest, VA

**Todd:** male, 22 years old, Long Beach

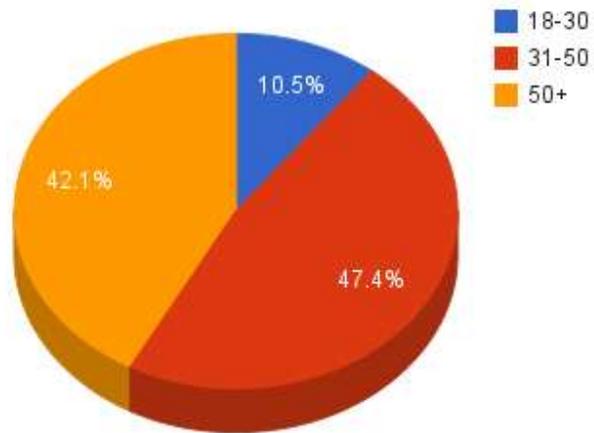
**Julie:** female, 57 years old, Camp Pendleton

**Barry:** male, 45 years old, Guelph

### Participants Gender



### Participants Age



## 2. Have you lost any weight while on this diet? How much?

**Pamela:** I've lost various amounts at different times. The most I lost was 50 lbs. The best advice I have is to look at your own needs and priorities and find a way of life (including an eating approach) that you can live with for the long term.

The other thing I believe is that many people need to get their inner rebel on board with the chosen program. The inner rebel is the pouty voice that says how unfair it is to have to restrict eating/exercise more. This may be a bigger problem for women, but it's something that can lead to rebound binging.

I am now in my mid-fifties and I've been able to lose weight successfully many times with calorie counting and logging, but I don't necessarily recommend that approach. Both calorie counting and logging are very successful strategies for weight loss, however, *for me* they were just not something I could do forever. I had to design a plan that didn't involve counting and logging, which is why I turned to Intermittent Fasting and Volumetrics for maintenance.

**Nina:** It makes one wonder why I would ever quit doing what I know I need to do! But I do. I have a strong rebellious streak and after a number of months of eating well and losing weight, usually after I've lost about 100 lbs., I suddenly lose my mind and decide I don't want to think about what I put in my mouth any more, I just want to eat whatever I want to eat. It wouldn't be so bad if I just did that for one meal, like Christmas or my birthday, but I keep on and on with it. Like this last "off" period I regained 14 lbs.

**Sharon:** I lost 80 lbs using volumetric style eating, but by counting weight watchers points. We are really a very whole-foods type of family, so it's easy to maintain while feeling satisfied by eating mostly plant based foods.

I rely on freezer/batch cooking because there is no way for me to cook from scratch every single day for every meal.

This is pretty much the gist of how we are able to eat. I consider each plate to be complete when it has 50-75% vegetables, and if that's by individual components or sides, it doesn't matter to me (though I prefer the former).

**Sheila:** Did I lose weight? Yes. When I became more conscious of the types of foods I was eating and how I could "fill up" the right way, I did lose weight. Of course, you have to stick with it, which I am horrible at, and I eventually stopped doing. Not because it was hard, or bad, but because I'm lazy.

**Ben:** Yes, I lost almost all of my weight on the program I did.

**Elizabeth:** I think it's suitable for anyone. It's a healthy way of eating. I lost 50 lbs., from 187 to 137 (goal) with a Weight Watchers program that was heavily based on it, around 2006 or so. I try to use the principles when I need to lose still. At it's very simple, I'd say it encourages you to have most of your diet come from produce and lean proteins, and some whole grains. It also encourages soups and other "watery" foods because they are more filling than dry foods. Baked goods are something to try to limit except in small, occasional portions. Also limit sugar, alcohol and animal fats. But use produce and lean protein all you want to satisfy hunger.

**Anna:** Well again, I want to reiterate, Volumetrics isn't really a diet. You shouldn't think of it as a diet. If you think of it that way, it's easy to end up in a cycle where you lose weight, gain it back, lose again, etc. Instead it's best to make small changes that lead you towards an overall healthy lifestyle where it's easy to maintain weight and you never feel like you are on a diet.

Dieting or choosing to eat healthier will definitely not impact your health negatively. The only people who have negative side effects from losing weight are people who do it too quickly and use supplements or starve themselves. If you are smart about it, you will only have positive benefits. I had no side effects. Everything I experienced was good.

One thing I will say right off, 1,200 calories that some apps recommends is not sufficient for most people. To figure out the right amount for you will take some experimentation, but that's part of the process. You might lose weight at first with that approach, but eventually most people stall out and stop losing. Plus it's not realistic to eat that way for a long time, so again it goes back to something you can maintain.

**Donna:** What I did was basically the Weight Watchers simply filling plan (which is Volumetrics really). Those were broth based soups, fruits, vegetables, whole grains, nonfat dairy, light whole grain breads, etc. I found books at the library about Volumetrics and read about it. It's basically eat this (like air popped popcorn), instead of that (potato chips).

It's OK, and I liked it for the most part. I was hungry during the day and felt the need to snack (which is OK to a point on those foods). But, when I really felt like I lost weight and wasn't hungry was when I was doing a low carb approach. I didn't go too crazy on the low side, but did notice when I do my calories on my calorie calculator and keep my carbs say, under 50 a day, I lose weight more easily and am not hungry.

### 3. Do you have a food diary/do you journal your food?

**Patricia:** Well, everyone has different approaches to dieting, and I've tried many different ways. What works best for me is writing down everything I eat in the Food tracker. I don't cut out any foods or groups of foods, but just keep within my calorie range for the day.

Did you know the Food tracker can be set up so that it will plan out meals for you, and tell you exactly what to eat and track the calories for you? You could check it out and see if you like the options and meal plans it gives you. I prefer to add the foods myself, even though some days I admit it's a lot of work (it gets easier if you set up favorites and groupings).

If you are looking for just general guidelines, then I basically eat some protein with high fiber carbs (like high fiber bread, tortillas, or bagels – look at the fiber count on the package), add veggies whenever possible (like spinach, mushrooms, broccoli, onions), and use foods with a high water content like soup, salads and smoothies to help with hunger.

**Pamela:** Because of the combination of approaches, I don't have to count calories. In order of importance, I'd say the Intermittent Fasting and the Volumetrics are by far the most important for me to avoid calorie counting. Being mindful of whole foods and carbs are also helpful but would not be near enough on their own for me.

**Sharon:** I usually plan my meals to freeze while I plan my grocery list. At the top I write the few items I plan to make, then I write the ingredients that I ran out of on the bottom of the list. I add whatever else I need to buy for the next two weeks on that list as well. At home, I keep a white board on the fridge so I can add in things as I think of them.

**Theresa:** The solution to your problem is going to be the same no matter what - careful logging/tracking of your food intake, and comparison of that with your daily calorie burn. Either earn more (through exercise) or spend less (through eating). It's really that simple. For weight loss (but not general health) it does not matter what you eat or whether or not you exercise, as long as you track the numbers and have a plan you can stick with.

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