

NUTRITIONAL EDUCATION

WHAT DOES 500 CALORIES LOOK LIKE?



OIL

CHEESE

MEAT

**POTATOES,
BEANS,
RICE**

**FRUITS &
VEGGIES**

Eating vegetables can be a powerful strategy for extending the feeling of fullness after a meal, which has important implications for weight management and overall health. Here's a more informative and educational explanation of how vegetables achieve this:

- **Dietary Fiber:** Vegetables are high in fiber, which adds bulk to your meals, slows digestion, and promotes feelings of fullness.
- **Satiety Hormones:** Fiber-rich vegetables trigger hormones that signal satisfaction, reducing the desire to eat more.
- **Low Calorie Density:** Vegetables offer volume without many calories, helping you feel full without excess calories.
- **Water Content:** Many vegetables contain water, contributing to their volume and helping create a sense of fullness.
- **Nutrient Density:** Vegetables are rich in essential nutrients, regulating appetite and promoting overall health.