



HEALTHY YOU

May 2008

UK Health & Wellness Program
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Ask the Expert: What is calorie density?



Q I've heard that foods with low calorie density may make me feel more satisfied and help me lose weight. Can you explain calorie density? What are some foods with low calorie density?

A Calorie density (also referred to as energy density) is the number of calories (or units of energy) per gram or ounce of that food. For weight management purposes it is best to eat the majority of your calories from lower calorie dense foods. This allows for a higher volume of food, which often leads to feeling more satisfied. High calorie density foods do have a place in a healthy diet, but it is important to note that some are better than others. For example, a small amount of peanut butter or a few pecans have much more nutritional value than bacon, potato chips, or mayonnaise.

Although all of these foods are high in fat, the *type* of fat is a key component in determining heart health and reducing risk for heart disease. Nuts contain monounsaturated fat, whereas the others contain saturated fat.

Examples of **low calorie density** foods with calorie densities ranging from 0-0.6 calories per gram:

chicken broth (fat-free)
gelatin (fruit-flavored sugar free)
cucumber
celery
lettuce
tomato
asparagus
mushrooms

broccoli
strawberries
vegetarian vegetable soup
grapefruit
fennel
watermelon
green beans
cantaloupe
milk (non-fat)

chicken rice and vegetable soup
winter squash
carrots
peach
applesauce (unsweetened)
Italian dressing (fat-free)
orange
raspberries

Examples of foods with a **high calorie density** with a calorie densities ranging from 4.0-9.0 calories per gram:

potato chips (baked)
onion rings (battered and fried)
white frosting
croissant
pie crust
plain doughnut
graham crackers
granola bar
caramel popcorn

parmesan cheese
chocolate chip cookies (home-made)
creme-filled chocolate sandwich
cookies
cheese crackers
bacon
tortilla chips
peanut butter (reduced fat)

potato or corn chips
milk chocolate bar
roasted peanuts
ranch dressing (full fat)
creamy peanut butter
pecans
mayonnaise (regular)
butter
margarine (stick)

For more information on this particular topic read, "The Volumetrics Eating Plan" by Barbara Rolls, Ph.D.

— Kim Moore, R.D., Health & Wellness Program Liaison



HEALTHY YOU



Register TODAY! 2008 UK Health & Wellness Conference Better Health: To Go

You're invited to the 2008 UK Health & Wellness Conference, **Friday, May 16, from 8 a.m. to 4:30 p.m., at the UK Student Center.**

What's on the menu? A day full of practical information on how to:

- Sleep better
- Decrease stress
- Build stronger relationships
- Make exercise and weight loss work for you
- Stay motivated for better health

The keynote speaker is Dr. James W. Holsinger, Jr., who will present "To Be or Not to Be – Healthy That Is." He will discuss obesity, lack of physical activity, and stress from a prevention standpoint.

For the rest of the day, you can choose from topics such as "Family Mealtime: Mission Possible," "Exercise 101: Getting Started and Staying Fit," "Sleep Is Not Optional," and "Less Stress Living."

Admission is **FREE** for UK employees, retirees, spouses and sponsored dependents. Space is limited. So, what are you waiting for? Register today!

To view the full schedule and register, visit www.uky.edu/HR/wellness/conference.html.



FREE Lunch & Learn - May 21

A little confused about what's healthy and what's not? Join us for "Focus on Nutrition: What to Eat," May 21, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register online at www.uky.edu/HR/wellness/lunchandlearn.html.



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

KNOWLEDGE + ACTION = WELLNESS