

## Re: How low is too high?

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- *From:* "TC" <[tunderbar@xxxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxxx)>
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vkn wrote:

Folks – We are looking out to find a few low-calorie main course or entree or mid-day snack foods – not by using smaller plates or smaller portions; the meal should be self-sufficient and filling for one adult person. What do you think? Has anyone thought of limiting the number of calories per serving in a main course? How do you track your calorie consumption? How low is too high? Opinions please.

vkn  
Chef de cuisine  
My Dhaba – <http://mydhaba.blogspot.com>

For an average sized person, ensure 4 to 6 oz of meat or fish. Do not cut back on healthy animal fats or olive oil. That, along with the meat portion, is what makes a meal satiating and prevents the consumer from eating too many calories. Include your typical sides of fresh whole produce, like broccoli, salad, carrots, potatoes, etc.

It is counter intuitive. We've had it pounded into our heads that you have to cut fats and proteins and eat more carbs to cut fat, when the reality is that this high carb approach does not satiate and the eater will eat way more calories overall. But we now know that good healthy fats and proteins is what fills us up and nourishes us and stops us from overindulging in overall calories.

Real gourmet foods are real fresh flavorful high fat and high protein foods. And they are extremely healthy. And as soon as you displace them with high carb empty calories (like pasta, white bread, sugars, etc) you are causing weight gain.

If you cook according to standard french and/or european cooking standards, you are probably already cooking the best way possible for weight control. As soon as you deviate and try to up the amounts of carbs like "low-fat" "low-calorie" pastas, breads etc, and cut the amounts of satiating fats and proteins, you will be going against your desired results.

Re: How low is too high?

TC

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