

Re: How low is too high?

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- *From:* "Ron Peterson" <ron@xxxxxxxxxxxxxxxx>
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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.

It would be nice to have every meal balanced in terms of nutrients, but it would require too many different ingredients in each meal especially if calorie restricted.

I think that it would be better to try to get most of the nutrients needed by maximizing the nutrient to calorie ratio rather than looking at a fixed calorie limit for each meal.

I have found using a scale helps in limiting portion size. I don't actually track calories.

Smaller portion size is part of the solution. Eat a tangerine instead of an orange. Or split an orange with someone else.

Lower calorie density is also a help. Eat melon instead of a banana. Eat whole wheat cooked pasta instead of bread. Eat turkey sausage (lower fat content) instead of beef or pork sausage.

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Ron

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