

Foods That Make You Thin

Appetite is not controlled by the weight of the food but by fiber, nutrient density, and caloric density. It is even useful to approximate the amount of calories per volume. Since the stomach can hold about one liter of food, let's look at how many calories are in a whole stomachful of a particular food. It's pretty clear which foods will let you feel full with the least amount of calories — fruits and green vegetables. Green vegetables, fresh fruits, and legumes again take the gold, silver, and bronze medals. Nothing else in the field is even close.

CALORIC RATIOS OF COMMON FOODS

	CALORIES PER POUND	CALORIES PER LITER	FIBER GRAMS PER POUND
Oils	3,900	7,700	0
Potato chips or French fries	2,600	3,000	0
Meat	2,000	3,000	0
Cheese	1,600	3,400	0
White bread	1,300	1,500	0
Chicken and turkey (white meat)	900	1,600	0
Fish	800	1,400	0
Eggs	700	1,350	0
Whole grains (wheat and rice)	600	1,000	3
Starchy vegetables (potatoes and corn)	350	600	4
Beans	350	500	5
Fruits	250	300	9
Green vegetables	100	200	5

Green vegetables are so incredibly low in calories and rich in nutrients and fiber that the more you eat of them, the more weight you will lose. One of my secrets to nutritional excellence and superior health is the one pound-one pound rule. That is, try to eat at least one pound of raw green vegetables a day and one pound of cooked/steamed or frozen green vegetables a day as well. One pound raw and one pound cooked — keep this goal in mind as you design and eat every meal. This may be too ambitious a goal for some of u to reach, but by working toward it, you will ensure the dietary balance and results you want. The more greens you eat, the more weight you will lose. The high volume of greens not only will be your secret to a thin waistline but will simultaneously protect you against life threatening illnesses.

THE NUTRIENT-DENSITY LINE

The nutrient-density scores below are based on identified phytochemicals, antioxidant activity, and total vitamin and mineral content.

Highest nutrient density
= 100 points

Lowest nutrient density
= 0

100 Raw leafy green vegetables (darker green has more nutrients)
romaine lettuce, leaf lettuces, kale, collards, spinach, Swiss chard, parsley, daikon

97	Solid green vegetables (raw, steamed, or frozen) <i>artichokes, asparagus, bok choy, broccoli, Brussels sprouts, cabbage, celery, cucumber, kohlrabi, okra, peas, peppers, snow peas, string beans, zucchini</i>
50	Non-green, non-starchy vegetables <i>beets, eggplant, mushrooms, onions, tomatoes, yellow and red peppers, bamboo shoots, water chestnuts, cauliflower</i>
48	Beans/legumes (cooked, canned, or sprouted) <i>red kidney beans, chickpeas, pinto beans, cowpeas, navy beans, cannellini beans, soybeans, lentils, white beans, lima beans, pigeon peas, black-eyed peas, black beans</i>
45	Fresh fruits <i>apples, apricots, bananas, blackberries, blueberries, cantaloupes, grapefruits, grapes, kiwis, mangoes, nectarines, all melons, oranges, peaches, pears, persimmons, pineapples, plums, raspberries, strawberries, tangerines, watermelons</i>
35	Starchy vegetables <i>white potatoes, sweet potatoes, butternut squash, acorn squash, winter squash, parsnips, pumpkins, turnips, corn, carrots, chestnuts</i>
22	Whole grains <i>barley, buckwheat, millet, oats, brown rice, wild rice, quinoa</i>
20	Raw nuts and seeds <i>almonds, cashews, filberts, macadamias, pecans, pine nuts, pistachios, pumpkin seeds, sunflower seeds</i>
15	Fish
13	Fat-free dairy
11	Wild meats and fowl
11	Eggs
8	Red meat
4	Full-fat dairy
3	Cheese
2	Refined grains (white flour)
1	Refined oils
0	Refined sweets

Vegetables have powerful levels of carotenoids and other nutrients that prevent age-related diseases. For example, the leading cause of age-related blindness in America is macular degeneration. If you eat greens at least five times per week, your risk drops by more than 86 percent. Lutein and zeaxanthin are carotenoids with powerful disease-prevention properties. Researchers have found that those with the highest blood levels of lutein had the healthiest blood vessels, with little or no atherosclerosis.