



<https://iin.edlumina.com/navigation/reset>

Volumetrics*

The Volumetrics Weight-Control Plan was written by nutritionist Barbara Rolls, PhD and Robert A. Barnett. This approach emphasizes eating fewer calories without having to eat less food. Caloric density is the number of calories contained in a specific food. Since people tend to enjoy eating, this plan encourages dieters to choose foods that have a low calorie density, such as fruits, vegetables, and lean protein, so that they can eat a higher volume without taking in too many calories. These foods tend to be high in water and fiber, contributing to satiety and satisfaction.

High-density foods are not forbidden, however, followers of this plan are encouraged to eat them sparingly. A perk of this diet is there's no calorie, fat or carbohydrate counting. However, there must be an awareness of which foods are high and low in density, which is mapped out in Rolls' *The Volumetrics Eating Plan*. It's encouraged to keep a food journal that includes weight tracking. In terms of physical activity, 30-60 minutes of daily exercise is recommended, and walking is highly recommended.

Foods to include:

- Vegetables
- Fruits
- Grains
- Lean meat
- Lean poultry
- Lean fish
- Fat-free dairy
- Broths

Foods to avoid:

- Fried foods
- Cookies
- Nuts
- Butter
- Oil

Pros:

- May lead to weight loss
- No deprivation
- Considers primary food

Cons:

- Some do well on full-fat dairy
- May lead to low energy
- May not be specific enough for some to see results

Sources:

The Volumetrics Eating Plan www.volumetricseatingplan.com (<http://www.volumetricseatingplan.com>)

Volumetrics www.health.usnews.com (<http://www.health.usnews.com>)