



# — Food for Health —

## Wellness Newsletter

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### Volume Eating: The Solution to Overeating

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High-volume foods satisfy you in such a way that processed foods begin taking a backseat. You simply don't have the stomach space for them!

— Mel Jatsek

### How to Avoid Overeating with Volume Eating

When it comes to food, we tend to eat with our eyes. This is especially true when it comes to portion sizes. I'm sure you've had the experience of ordering dinner at a restaurant, only to be disappointed when the server returns with a microscopic meal that wouldn't even satisfy a mouse. No one wants to feel cheated with tiny portions or worse, leave feeling hungrier than when they arrived!

But what if you're trying to manage your weight? Surely you should be concerned about extra-large portions, right? Well, it depends on the type of food you're eating. If you're someone who loves to eat—without worrying about measuring your food—then you'll love the concept of volume eating.

#### What is Volume Eating?

Volume eating is a style of eating where one's meals consist of large amounts of nutrient-rich, calorie-sparse foods, known as "high-volume" foods.

High-volume foods include rainbow fruits and vegetables, leafy greens, herbs and spices, beans, peas, and lentils. If these sound familiar, it's because they make up four of the most important Fx™ Pillars:

- Fx™ Pillar 1: Eat your greens, as many as you can every day
- Fx™ Pillar 2: Eat the rainbow, at least one fruit and two vegetables every day
- Fx™ Pillar 4: Pick your protein: choose plants over fish over fowl over beef
- Fx™ Pillar 6: Remember functional foods: fresh herbs and fermented foods



continued inside

## HOW TO AVOID OVEREATING WITH VOLUME EATING *continued*

### How to Prevent Overeating with Volume Eating

High-volume foods are full of water (60-90%) and an abundance of dietary fiber, so they inherently take up more space in your stomach. As it expands, your stomach sends a signal to your brain saying, "Slow down!". The result is feeling satisfied on less calories. And that's just the beginning!

High-volume foods reduce the amount of hunger hormones (called ghrelin) produced by your body. They're also loaded with vitamins and minerals—micronutrients that satisfy your body to the core.

The truth is, your body experiences satiety (feelings of fullness) from nutrients, not calories. For this reason, you'd find it difficult to eat an entire head of cauliflower or bag of grapes in one sitting. Doing so would likely send you running to the bathroom, not to mention how full your stomach would feel from all that water and fiber!

On the flip side, we all know what happens when we open a bag of potato chips. One chip turns into eating the entire bag, doesn't it? The reason behind this phenomenon is that highly processed foods loaded with fat, sugar, and salt are severely lacking water, fiber, vitamins, and minerals. As a result, your brain doesn't receive the "I'm full" message until it's too late.

### High-Volume vs. Low-Volume Foods

Compared to the high water, fiber and nutrient content of high-volume foods, low-volume foods are just the opposite: low in water, fiber, and micronutrients. In general, low-volume foods have a higher calorie density, meaning they have a large number of calories relative to their weight.

Although calorie-counting tells you nothing about the nutritional value of food, it can serve as a useful tool to compare different types of meals.

For example, my go-to breakfast is a voluminous meal of four cups of assorted raw veggies and around three cups of fresh melon, berries and red grapes, along with a couple of fresh figs. This 400-calorie breakfast contains about 800 grams of water (24 oz.), 17 grams of fiber, and 20 different vitamins and minerals. Talk about volume! But I never feel bloated or stuffed afterwards, just satisfied and nourished. There's a difference.

Compare this high-volume meal to a popular low-volume drive-thru breakfast sandwich, which contains 500 calories, a scant 1 gram of fiber, 45 grams of water (1.5 oz.), and miniscule amounts of vitamins and minerals (except for 1200 milligrams of sodium).

### Take a look at these side-by-side comparisons of low-and-high-volume foods in 100 calorie-portions. Notice how much more bang you get for your buck with high-volume foods!

1 Tbsp oil vs. 1 medium sweet potato

2 cream-filled cookies vs. 3 cups watermelon

1/2 of a small bagel vs. 4 cups assorted raw veggies

1/2 cup cooked pasta vs. 4 cups spiralized zucchini

2 ounces French fries vs. 3 cups Heinen's Organic Mediterranean Blend frozen vegetables

1/2 of a small blueberry muffin vs.

2 cups fresh strawberries

1/2 cup of dried apricots vs. 6 whole apricots

1/4 cup vanilla ice cream vs.

1.5 cups Heinen's frozen blueberries

### How to Apply Volume Eating to Your Meals

It may appear that volume eating and a vegan diet are one in the same, after all, high-volume foods are also 100% meat-free. The good news is volume eating can be applied to all types of diets, including those of an omnivorous nature. All you have to do is fill your plate with high-volume foods first, then round it out with a small portion of grass-fed beef, poultry, or fish.

### For Example:

- Make a 2-egg omelet stuffed with cooked mushrooms, onions, peppers, and chopped broccoli. Serve it with a side of Alexia hashed browns.
- Prepare a plateful of cooked zucchini noodles topped with Heinen's marinara sauce and a couple of meatballs made with Heinen's organic grass-fed beef.
- Grill a piece of fish and surround it with roasted sweet potatoes, Brussels sprouts, and cauliflower.
- Add Heinen's spring mix to a big bowl and top it with a scoop of Heinen's lentils, fresh berries, chopped tomatoes and carrots, and a couple slices of Two Brothers unsalted turkey breast from the Deli. Add a drizzle of with Bella Sun Luci Meyer lemon vinaigrette to dress it up!

### Key Takeaway

The beauty of volume eating is that it serves as an insurance policy against overeating. High-volume foods satisfy you in such a way that processed foods begin taking a backseat. You simply don't have the stomach space for them!

## HEALTHY SOUPS TO KEEP YOU FEELING FULLER FOR LONGER

In my opinion, soup may be the world's most perfect meal. Let's start with the obvious fact—soup season is synonymous with Fall and Winter, and there's nothing like a piping hot bowl of soup to warm your body on cool, crisp days. I don't know about you, but I certainly put lots of miles on my crockpot this time of year!

Now let's dig into how soup affects your body on a physical level and why it's a good idea to enjoy it on a more regular basis to meet your nutritional needs in a healthful and satisfying way.

### Soup is Super Satisfying!

If you struggle with feeling full, eating a bowl of soup before your main meal—or making it the main meal—can help.

There are a few reasons why soup is one of the most filling foods you will ever eat:

- Soup is a high-volume food. High-volume foods are full of water (60-90%) and an abundance of dietary fiber, so they inherently take up more space in your stomach. As it expands, your stomach sends a signal to your brain saying, "Slow down!". The result is feeling satisfied on less calories. While not all soups are fiber-rich, opting for those made with lots of vegetables, greens, and beans/lentils, will ensure you are getting plenty of filling fiber from your meal.
- Soup is loaded with vitamins and minerals. Herbs, spices, vegetables, greens, and beans are nutrient powerhouses, supplying a sea of health-enhancing vitamins, minerals, prebiotics (food for the healthy bacteria in your gut), antioxidants and enzymes. What does this have to do with soup being so satisfying? To feel full, our brilliant bodies require nutrients, not just calories. When it receives these nutrients from a veggie-packed bowl of soup, it sends the signal to your brain to stop eating. This is why you never hear of anyone complaining about bingeing on vegetable soup!
- Soup has "staying power". The length of time it takes for a food to empty your stomach is called gastric emptying. The longer it takes, the fuller you will feel. Research discovered that the filling nature of soup is linked to delayed gastric emptying, leading to feelings of gastric distension (stomach enlargement) and quick access to nutrients. As you just learned, your body is in search of nutrients to feel satisfied... and soup satisfies this need beautifully.

*Are you sold on soup yet?*

### Club Fx-Approved Soups at Heinen's

Don't let your busy lifestyle keep you from adding soup to your meal plan. There are plenty of Fx™ -approved soups to be savored at your local Heinen's, so grab a bowl and fill it with one of these delicious options:

- 18 Chestnuts (Soup aisle)
- Amy's Kitchen (Soup aisle)
- Chix Soup Co. Wild Rice Chicken Soup (Prepared Foods Department)
- Vegan Eats Gourmet Soups (Prepared Foods Department)

### How to Make a Meal Out of Soup

Although soup does a great job filling your belly on its own, these accompaniments can make it feel more like a meal. Because I'm a "volume eater", I like to pair my soup with a salad (also a very high-volume meal), but any of these ideas will work:

- Stir in 1/4-1/2 cup of prepared whole grains like brown rice, quinoa, barley, or farro.
- Pair your soup with a green leafy salad mixed with chopped raw veggies and fruit of your choice.
- Serve it with half of a sandwich on sprouted Ezekiel bread.
- Pair with a handful of hearty Club Fx-approved crackers like Brad's Cheddar Veggie Chips, Mary's Gone Crackers, or Wasa Sourdough Crispbread.

### Key Takeaway

We eat roughly 3-5 pounds of food on any given day, regardless of whether that food has a low, medium, or high calorie density. When soup is made the Fx™ way, it's considered both a high-volume meal with a low calorie density. This means you can enjoy more food, gain more nutrition, and satisfy your body to the core. That's what I call a win-win-win!





## ONE-POT BUTTERNUT SQUASH SOUP



Cooking up a batch of creamy butternut squash soup couldn't be easier thanks to Heinen's frozen butternut squash! Thanksgiving Tip: Enjoy a bowl of soup before the main course to lessen the chance of overeating.

*Servings: 4; Prep time: 10 minutes; Cook time: 30 minutes*

### Ingredients

- 10 cups Heinen's frozen butternut squash
- 1 large white onion, finely chopped
- 3 cloves garlic, finely minced
- 1 tsp. Heinen's pure organic maple syrup
- 1/8 tsp. Heinen's ground nutmeg
- 3 cups Heinen's vegetable or chicken stock
- Fresh ground black pepper
- 3/4 tsp. sea salt
- 1 tbsp. Kerrygold butter (optional)
- Go Raw sprouted pumpkin seeds

### Instructions

1. Dump all of the ingredients (except pumpkin seeds) into a large soup pot, or Dutch oven. Stir to combine.
2. Turn on the heat to medium-high and bring the soup to a boil, stirring occasionally. The soup should come to a boil in about 8-10 minutes.
3. Reduce the heat to simmer, place a lid on pot, and allow the soup to cook for 20 minutes, stirring occasionally.
4. Once the onions, garlic, and butternut squash are tender and cooked all the way through, use a handheld immersion blender to puree the soup. Or, transfer the soup to a counter-top blender and puree.
5. Taste soup and season with salt if needed. Serve immediately sprinkled with pumpkin seeds.



### Mel's Product Pick

#### 18 Chestnuts Soup

Every bowl of 18 Chestnuts soup is a rich, multi-sensory experience. Color, taste, texture, nutrition – they've thought of it all. Created with fresh vegetables from local farmers, their nutrient-dense soups wake the senses and create a wholesome experience that is meant to be shared.

18 Chestnuts is available in the Soup Aisle at Heinen's in four low-fat, vegan and gluten-free varieties: Butternut Squash, Tuscan Tomato, Carrot Ginger, and Roasted Cauliflower.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!