



How Eating More Can Help You Weigh Less

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For most people, dieting means counting calories and eating less food. It turns out that eating more can lead to weight loss—if you choose certain kinds of foods.

In the [Nutritionfacts.org video](#) below, Dr. Michael Greger shares the importance of **energy density**: the amount of calories per unit weight of a food or beverage. Foods higher in fiber and water like fruits and vegetables have a low energy density; foods like bacon and cheese have a high energy density.

Eat the Weight to Lose the Weight

Eating a large volume of these low density foods can lead to “happy” weight loss. In [one study](#), researchers were able to cut daily calories in half by substituting less energy-dense foods like fruits, vegetables, beans, and whole grains for foods like energy-dense foods like meat and sugar. Even though they consumed about 1,500 less calories per day, participants in the low energy density group reported feeling as satisfied with the meals and as full throughout the day as the study participants in the high energy density group.

Learn more about [calorie density](#).

Video Sources

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