

Very low calorie foods are also known as

**'FREE' FOOD!**

It can be a lifesaver, but is it turning your DIET into a MAINTENANCE program?



FREE FOOD is a term used by many diets to identify foods that are allowed on a relatively unlimited basis.

Celery is usually on the list. Depending on what program you follow, it could mean an array of non-starchy vegetables or it may mean a food item that has little to no net carbs.

One thing is for certain: chocolate cake is not on the list. Whatever “free food” means to you, these food items can be consumed in quantity and frequency to fill the gaping void left behind as we give up unlimited eating and try to follow a diet regimen.

Check out some of the following "free foods" and note their actual calories. If one pound equals 3500 calories, it's easy to see how eating free foods in an **UNTRACKED** manner can make a difference in your weight loss program.





2 cups of Celery =  
**50** Calories





1, 4 oz Fiber One® Yogurt =  
**50 Calories**





2 tbsp of fat-free Sour Cream =  
**25** Calories





$\frac{1}{2}$  cup salsa =  
**35 Calories**





2 cups salad =  
**50** Calories





2 tbsp fat-free salad dressing =  
**25 Calories**





2 tbsp fat-free Cool Whip<sup>®</sup> =  
**15 Calories**





2 cups broccoli =  
**60** Calories





1 Clementine =  
**30** Calories





$\frac{1}{4}$  cup Nonfat Milk =  
**21** Calories





1/2 cup Fiber One® Cereal=  
60 Calories





$\frac{1}{2}$  can Light Progresso<sup>®</sup> Soup =  
**60** Calories





1 Edy's™ Fruit Bar =  
**30** Calories





2 tbsp Smart Beat<sup>®</sup> Mayo =  
**20** Calories





25



25



60



50



15



60



25



60



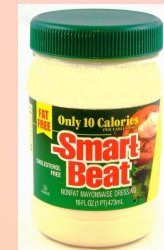
35



35



30



20



50



21

TOTAL

175

TOTAL

185

TOTAL

151

**TOTAL 511**

A total of **511** calories (of “free” food) a day really adds up!

Many of us with weight problems keep eating past the point of fullness not because we are hungry, but because we like eating. And we have a hard time recognizing when we are full.

Use your “free foods”—just don’t abuse them. You will likely pay for it in other ways as well, such as cramping and gas.

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