Fill Up With Volumetrics
By Cara Rosenbloom, RD

If you’ve ever been on a weight-loss diet, you may have had these chief complaints: You always feel hungry, the diet is restrictive and the portions are too small. Enter Volumetrics. It’s a weight-loss plan that allows you to enjoy a full plate of food, to ensure you feel satisfied after every meal.

You fill up on foods that are high in water, but low in calories, such as vegetables, soup broth and lean-protein foods. And there’s still room for all other foods, too.

Volumetrics has 4 food categories:

Category 1: Unlimited foods, including non-starchy vegetables, fruit and broth-based soups.

Category 2: Reasonable portions of whole grains, lean-protein foods, beans and low-fat dairy.

Category 3: Small portions of breads, desserts, cheese and high-fat meats.

Category 4: Sparingly served fried foods, cookies and fats.

Some foods contain more calories than others – a cup of French fries (category 4) has 160 calories, while a cup of watermelon (category 1) has 46 calories. Filling your plate with large volumes of low-calorie foods allows you to eat fewer calories in the same amount of food.

Give it a try: Get started with recipes for high-volume meals.

QuikQuiz™: CPR Refresher

Do you know the American Heart Association’s guidelines for cardiopulmonary resuscitation (CPR)? Test your knowledge:

True False

1. CPR guidelines are designed to provide emergency rescue for people in cardiac arrest.

2. If you’re a bystander untrained in CPR and suspect someone may be in cardiac arrest, you should first call 911 using the nearest phone.

3. You or another bystander can perform Hands-Only CPR (without breaths). Answers on back. >>
Summer Fruit Bonanza
By Cara Rosenbloom, RD

Fresh, juicy fruits are the tastes of summer. Savor the best of the season by pairing fruit with your meals and snacks.

Pop some grapes and berries in the freezer – when blended, they’re a makeshift ice cream. Grill pineapple and peaches on the barbecue, add berries to green salads and make fun fruit kabobs for the kids. Buy from farmers markets to see how wonderful fresh fruit tastes straight from the field.

Great taste isn’t the only benefit of summer’s bounty of berries and other delights. For example, studies show that eating fruit helps keep cholesterol and blood pressure in check – key to heart health. What’s more, people who eat more fruits (and vegetables) are likely to have a lower risk of some other chronic diseases, such as type 2 diabetes and stroke.

How should you eat fruit? Whole fruit is best. Avoid juice. Fresh and frozen fruit are equally nutritious. Most Americans don’t eat enough fruit, so load up! For your health, get at least 2 cups of fruits every day – add them to every meal and snack on them, too. They’re low in fat, calories and sodium.

Fruit is fairly high in natural sugar – and nutritional value. For example, in a cup of apples, you’ll get 10 grams of sugar, but also fiber, vitamin C and antioxidants. In a cup of cola, you get 23 grams of added sugar and nothing else. So the next time you crave a regular soft drink or a candy bar, grab some strawberries or peaches instead.

QuikQuiz™: CPR Refresher
>> Continued from front.

1. True – Sudden cardiac arrest occurs when the heart suddenly stops (arrests), usually due to an electrical malfunction in the heart. CPR is also useful for heart attack or drowning when breathing or heartbeat has stopped. Usually the first signs of cardiac arrest are fainting and a lack of pulse. Note: Just before fainting, some people may have a racing heartbeat or feel dizzy. Other signs within an hour before cardiac arrest: chest pain, shortness of breath, nausea and vomiting.

2. True – Place the phone on speaker so the emergency dispatcher can help.

3. True – To perform Hands-Only CPR, push hard and fast in the center of the chest to the rate of 100 to 120 compressions per minute.

Surviving cardiac arrest depends on immediate CPR and other actions starting with bystanders. Watch the Hands-Only CPR instructional video at heart.org/handsonlycpr.