

Cut the stress and fill up as much as you like Full of the joys of a healthy diet

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STRICT dieting measures can be tough to stick to but the "volumetrics diet" is helping Sydneysiders cut kilos without compromising on hearty meals.

Invented in 1999 by Penn State University academics in the US, the volumetrics diet focuses on eating foods with the most nutrition but the least amount of calories.

Unlike diets that are based on deprivation, its aim is to encourage people to eat until they feel full — but only if they fill up on the right foods.

It has been listed consistently among the best and easiest to stick to in the authoritative US News And World Report's diet rankings issued annually.

Tipped as one of 2020s hottest wellbeing trends, the diet promotes wolfing down plenty of fresh vegetables and fruit, along with low-fat dairy and lean meat but discourages large amounts of cheese, sugary foods and nuts.

Accredited dietitian Peta Cullis said the volumetric diet's key to success was its "generalised" focus on healthier foods, making it simpler to follow than other diets.

"Volumetrics has the premise of what we as dietitians already suggest for healthy bodies, besides weight loss," Ms Cullis said. "A lot of aspects around certain diets aren't ideal and limit different foods."

"This one is good as it's quite flexible and not particularly restrictive, it is

WHAT IS THE VOLUMETRICS DIET?

Eat large amounts of low-calorie foods like vegetables and smaller amounts of high-calorie foods like cheese

CAN EAT:

- Vegetables
- Fruit
- Non-fat milk
- Low fat meat
- Legumes
- Broth-based soups

DON'T EAT MUCH:

- Cheese
- Ice cream
- Nuts
- Butter
- Oil

generalised healthy eating and it doesn't require anything special."

Louise Vignoles from Darlinghurst is giving the volumetrics diet another go after being impressed with her results when she tried it the first time. The 22-year-old has been at it for two weeks and said eating the fresh food the diet requires leaves her feeling more energetic than before.

"When I work out I feel more focused and I can accomplish more since I started the diet," Ms Vignoles said. "It's not difficult to stick to, even though cutting out sugar has been the hardest part. I just have more energy, I work out harder and then I feel good."

Nutritionist Kristen Beck said while the diet might have been based on cutting edge science in 1999, she advised against avoiding some foods such as nuts because they could be beneficial for weight loss.

"I think the volumetrics diet has value in terms of helping people choose wisely, like choosing fresh food and educating people to eat more nutritionally valuable food," she said. "But there is a lot of quite robust research now that says a 30 gram serve of nuts per day can actually be protective against weight gain. That is because they have a lot of fibre and your body only ingests a certain amount of the fat."

She said other parts of the diet such as its focus on lean meats would help people feel full because they set off amino acid receptors in the stomach which signal fullness.

Louise Vignoles is seeing results from the volumetrics diet. Picture: Richard Dobson