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## Having fun with calories



Here's some nonsense about calories to give you a chuckle while you're changing your eating habits to more nutritious ones!

If no one sees you eating something, it has no calories.

If you eat something off another person's plate, it has no calories because the calories rightfully belong to the other person and will stick to their plate.

If you eat food directly from the fridge (without putting it on a plate), it does not contain any calories. Remember, calories stick to plates.

Anything you eat while you are standing has no calories.

Food that serves a medicinal purpose does not have any calories, such as ice cream, Oreo cookies, or coffee with Baileys.

Cake and cookie crumbs have no calories. When a food crumbles, it has been damaged and there is extensive calorie leakage.

A carbonated beverage cancels out the calories in a chocolate bar when you consume them together (you basically burp out the calories).

There are no calories in anything you lick out of a bowl or off a spoon or knife while you are baking.

Your body will not absorb calories if you eat with someone larger and/or heavier than you are. Through the process of osmosis, the calories are drawn from areas of lower concentration (you) to areas of higher concentration (your heavier eating partner).

All kidding aside, most of us are too obsessed with food and dieting. The desires and the denials are the surest way to hang on to your excess weight. Lighten up with your eating habits. Don't go on a *diet*: Eat healthier food choices most of the time, choosing (more often) the foods that have not been changed too drastically (ultra-processed). Do this, and you can indulge occasionally.

Incidentally, counting calories is 'old school.' Listening to your intuition is a more accurate way to gauge how much fuel you need (measured as calories). Eat when you are hungry, not when the clock tells you it is time to eat. And never ignore hunger pangs: If you do not eat when your body wants food, your body senses a famine is coming and *may* conserve your energy by slowing your metabolic rate. With a slow metabolism (the speed of your internal activity), you'll become less efficient at burning calories, and that includes burning up stored body fat!

Visit a Registered Dietician if you need credible nutrition information, especially if you need help getting rid of any negative, limiting beliefs you may have about food.

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