

# HIGH VOLUME FOOD LIST

## BEANS

Black beans  
Baked beans  
Lima beans  
Green peas  
Popcorn

## VEGETABLES

Asparagus  
Beetroot  
Broccoli  
Bok choy  
Brussel sprouts  
Cabbage  
Capsicum  
Carrots  
Cauliflower  
Celery  
Courgette  
Cucumber  
Eggplant  
Fennel  
Green beans  
Kale  
Lettuce  
Mixed salad greens  
Mushrooms  
Onion  
Parsnips  
Potatoes  
Pumpkin  
Rocket  
Snow peas  
Spinach  
Sweet potato

## ANIMAL PROTEIN & DAIRY

Fish  
Chicken breast  
Egg whites  
Reduced fat cottage cheese  
Reduced fat ricotta cheese  
1% yoghurt  
Soy yogurt

## FRUIT

Apple  
Abricot  
Berries (all kinds)  
Grapefruit  
Grapes  
Melon  
Kiwifruit  
Mandarin  
Nectarine  
Orange  
Peach  
Pear  
Plum  
Pineapple  
Tomatoes  
Watermelon

## NOTES :

- Volume eating is a way of eating that allows you to consume large portions of food while minimizing calorie intake.
- Different types of nutrients provide different numbers of calories.
- Volume eating prioritizes high-volume foods that will fill you up without providing a lot of calories.