



Experts Warn of 'Vanishing Caloric Density' and Weight Gain Risks

Description

Many people enjoy snacks that seem to melt in their mouth, making them feel light and airy. This feeling comes from a concept called "vanishing caloric density." This means some foods make our brains think they have fewer calories because they dissolve quickly.

However, this can lead people to eat more calories than they intend. Research shows that many Americans admit to finishing an entire bag of chips in one sitting. When people eat these snacks, their brains do not fully notice how much they consume. As a result, they might not realize when they are full.

Angela Graham, a nutrition expert, explains that it takes about 20 minutes for our brains to catch up to our stomachs. This delay can lead to overeating, especially with snacks like cheese puffs and popcorn, which dissolve easily. These foods often come in large bags, making it hard to track how much is eaten.

Regularly eating snacks with low caloric density can lead to weight gain and health issues like diabetes and heart disease. Experts recommend choosing whole foods that are filling and nutritious. Checking ingredient lists and avoiding distractions while eating can also help prevent overeating.

Vocabulary List:

1. **vanishing** //ˈvænɪʃɪŋ// (adjective): gradually disappearing or not being there anymore
2. **density** //ˈdensəti// (noun): how tightly matter is packed into something
3. **dissolve** //dɪˈzɒlv// (verb): to break into tiny parts and disappear
4. **overeating** //ˌoʊvərˈiːtɪŋ// (noun): eating more food than your body needs
5. **nutritious** //nuːˈtrɪʃəs// (adjective): healthy and good for your body's needs
6. **distractions** //dɪˈstrækʃənz// (noun): things that make you lose focus or attention

Comprehension Questions

Multiple Choice

1. What is the concept called that refers to snacks melting in your mouth?
Option: Caloric density
Option: Vanishing caloric density



Option: Nutritional density

Option: Airy density

2. How long does it take for our brains to catch up to our stomachs?

Option: 10 minutes

Option: 20 minutes

Option: 30 minutes

Option: 40 minutes

3. Which snack is mentioned as dissolving easily?

Option: Chocolate

Option: Cheese puffs

Option: Fruits

Option: Nuts

4. What can lead to overeating according to Angela Graham?

Option: Eating in a hurry

Option: Eating low caloric density snacks

Option: Eating whole foods

Option: Portion control

5. What health issues can arise from regularly eating low caloric density snacks?

Option: Headaches

Option: Weight gain and diabetes

Option: Flu

Option: Cold

6. What is a recommended practice while eating to prevent overeating?

Option: Watching TV

Option: Checking ingredient lists

Option: Chatting with friends

Option: Drinking soda

True-False

7. Many Americans admit to finishing an entire bag of chips in one sitting.

8. Vanishing caloric density means some foods have more calories than they seem.



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9. Overeating may happen because our brains notice exactly how much we consume.
 10. Eating snacks high in caloric density is beneficial for weight management.
 11. Distracted eating can help track food intake accurately.
 12. Angela Graham is a nutrition expert.

Gap-Fill

13. It takes about 20 minutes for our brains to catch up to our _____.
14. Eating snacks with low caloric density can lead to weight gain and health _____.
15. Many people enjoy snacks that seem to melt in their _____.
16. Experts recommend choosing whole foods that are filling and _____.
17. Checking ingredient lists and avoiding _____ while eating can help prevent overeating.
18. Some foods make our brains think they have fewer _____.

Answer

Multiple Choice: 1. Vanishing caloric density 2. 20 minutes 3. Cheese puffs 4. Eating low caloric density snacks 5. Weight gain and diabetes 6. Checking ingredient lists

True-False: 7. True 8. False 9. False 10. False 11. False 12. True

Gap-Fill: 13. stomachs 14. issues 15. mouth 16. nutritious 17. distractions 18. calories

CATEGORY

1. Health - LEVEL2

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Date Created

2026/07/28

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