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No more forbidden foods or monotonous meals The Volumetrics Eating Plan will revolutionize the way you think about managing your weight. Quit dieting for good.

### **Volumetrics sample diet menu - volumetrics -**

Here is a sample volumetrics menu, from the fact sheet: Sample Menu: Breakfast: Oatmeal: 1-1/3 cup oatmeal made with water 1/2 medium apple 1 teaspoon cinnamon

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History of the Volumetrics Diet. The Volumetrics Eating Plan was released in 2005. Both were written by nutritionist Barbara Rolls, PhD,

### **Barbara rolls, phd - pennsylvania state**

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The Volumetrics Diet. Filed under: Barbara Rolls, PhD is a professor of nutritional science at Penn State University, including The Volumetrics Eating Plan

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Pioneered by Penn State University nutrition professor Barbara Rolls, Volumetrics is more of an approach to eating than it is a structured diet.

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More Food for Fewer Calories. The Volumetrics diet, created by Barbara Rolls, the Volumetrics diet divides foods into four CD categories: