

Can you lose weight without counting calories?

Are all calories equal? The importance of fibre; Chris Van Tulleken

And the way our guts work means that not all calories are equal. We absorb most of the calories in our food, but some foods are rich in fibre, and fibre is different. We only absorb about half the calories it contains, the rest passes through our gut undigested and some fibre can absorb water in our stomach making us feel fuller for longer.