

# HOW TO BEAT HUNGER

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Do you know the secret behind feeling full? It is Satiety (sa-tie-e-ee). Satiety is a feeling of fullness you feel when you finish your meal. Don't confuse it with the uncomfortable feeling that comes in after over-eating when the stomach is too full! You may feel unsatisfied and crave to eat more and more even when you have had enough. The brain is still sending the body the message of hunger but the calorie count says you have had enough for the day. This is distracting and makes you feel deprived of food, so you end up snacking, ignoring your weight loss or calorie management goal. If you are satisfied with your meal, however, you won't feel hungry afterward. The reason for this feeling could be some missing key ingredients in your diet.

Here are some tips that can help you feel full and increase the satiety without over-stuffing yourself.

## **Increase the intake of Low Density Foods**

Low density food simply means foods containing lesser number of calories per gram. Calorie density simply means the number of calories present in one gram of food. Calorie density is important in achieving satiety without overeating. Generally, the low density foods contain a lot of water which add volume to the food and give the fullness feeling without filling your stomach with a lot of calories. For example, eating McCafe Frappes and french fries from McDonald's that are loaded with high density calories but still leave you hungry afterwards. You may also opt for a small size peach and one serving of Caesar salad with non-fat dressing. The latter choice is a low calorie density food, where you are eating comparatively lesser number of calories but they are going to give you the feeling of being full for a longer period of time. The low density foods contain a lot more water, which adds weight and volume to the food.

The best practice is to start your meal with a soup and then opt for salad with fat-free dressings. You can munch on the non-starchy vegetables and fruits in between meals.



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Include following water-rich food choices in your meals. These foods have about 90% bound water.

- ⤴ Fruits like strawberries, oranges, watermelon, apples, blueberries, cantaloupe, grapefruit and peaches.
- ⤴ Broth-based soups like chicken broth and vegetable broth.
- ⤴ Green leafy vegetables like lettuce, baby spinach with fat-free dressing.
- ⤴ Non-starchy vegetables like asparagus, broccoli, carrots, cauliflower, celery, cucumbers and tomatoes.

Drinking a glass of water or soda with the meals is not as same as eating water-rich food. Thus, water with meals does not provide the same degree of satiety as the low density foods do. The brain controls hunger and thirst through separate mechanism. The water rich food will remain in the stomach longer as the food is being digested.

### **Drink water, water and water**

Substitute your sodas, juices, energy drinks, sweetened coffee and tea with plain water. Choose pure water which is healthy and calorie-free. Aim for at least 8-10 glasses of water each day. You can also go for some calorie free drinks like green tea and sparkling water. It is important to note here that the calories from beverages affect weight quickly as compared to the food. So avoid 'drinking' calories. Limit the calories from beverages to 180-200 per day. Drinking water throughout the day also keeps your mind busy and you may not eat when you are actually just thirsty.

### **Consume more fiber**

Fiber plays an excellent role in bringing satiety. Typically fiber-rich food may contain only 1.5 to 2.5 calories per gram as compared to carbohydrates that contain 4 calories per gram. You need to chew more on fiber-rich food which results in the slower passage of food through the digestive tract. The fiber helps maintain the blood sugar level which is responsible for the urge to eat in between meals. Thus, consume fiber in the form of whole grains, fruits and leafy vegetables, and other with skins, beans, lentils and legumes. Make sure you eat at least 25-35 grams of fiber each day. Say no to refined carbohydrates that are present in white bread, white rice, white pasta, donuts, cakes and sugar. The refined carbs cause rises and falls in blood sugar and make you feel hungry every few hours.

### **Choose Lean Protein**

Proteins are a very important part of a meal because they help you stay full and prolong satiety as compared to carbohydrates or fat. Choose lean proteins such as those present in meats, chicken, seafood, low-fat dairy, legumes, lentils and soy products. Consuming a small portion of protein with each of your meals and snacks will add to the feeling of fullness. Don't use frying and other fatty ways to prepare the food, instead opt for grilling and baking.

### **Watch the Fat intake**

A large amount of calories filled in fats come from fried, oily foods as well as from cheese and butter. If you are successful in cutting fat intake, you can reduce a large number of the calorie density of a food. Opt for reduced fat food, low-fat dairy products, low-fat salad dressings, low-fat mayonnaise, etc. Whenever possible go for grilled chicken rather than fried and limit the intake of french fries. Cut back saturated and trans fats. But bear in mind, that diet too low in fat is not at all advisable. Fats are essential for the body. They add flavor, texture or satiety of your food.

### **Eat Nuts**

Nuts and seeds are high density food but they contain good fats and small handful of the nuggets can hold you over for a few hours. You can have a small portion (golf size ball) of peanuts, sunflower, almonds, walnuts, or cashews. Nuts have high protein and fiber content so they satisfy satiety.

### **Let It Work**

Listen to your body, eat when you are hungry and stop when you are comfortably satisfied. Avoid the impulse to eat until you feel stuffed and ensure that you are getting the appropriate calories. Now you know what kind of food will leave you more satisfied and prevent you from putting your hand in the candy jar or the cookie tub every now and then. Scientifically brain gets the signal in about 20 minutes that you have reached satiety. Take time to enjoy every bite of what you are eating. Never eat in front of TV because you might end up eating more.