

10 Feel-Full Fundamentals

- 1. Eat low-GI foods:** Low-Glycaemic Index carbohydrate foods take longer to digest and maintain feelings of satiety for longer. Examples include fat reduced dairy foods, pasta, porridge and baked beans.
- 2. Slow down eating:** Slow down feeding to give yourself a chance to feel full. Researchers at the University of Florida found that brain activity in the hypothalamus (the appetite regulation centre) peaked 10 minutes after ingestion and was the brains signal that food had been eaten. The bottom line here – take at least ten minutes to eat.
- 3. Choose bulky foods:** High-fibre foods add bulk to your diet without calories. Try wholegrain or wholemeal versions of bread, breakfast cereals, pasta and add more veggies to your main meals.
- 4. Add spices:** If your main meals are a little bland, add flavour with herbs, spices and condiments. This may prevent you from seeking fatty, foods afterwards.
- 5. Chew your food more:** Foods that require more chewing slow feeding and take longer to digest. Lean meats, wholegrain pretzels and high-fibre cereals will give your jaws a workout.
- 6. Drink more water:** Drinking water with your meals can help your stomach reach capacity faster. If you get the munchies between meals grab your water bottle as a first line of defence.
- 7. Have smaller serves:** Eating on smaller plates can create the illusion that you're eating more. If you're thinking about seconds, ask yourself whether you really need another serve
- 8. Listen to your body:** Pay attention to your body's hunger signals. Before you eat, stop and ask yourself these questions: Am I really hungry? What do I really feel like eating? Would something healthier satisfy me?
- 9. Stay active:** When people quit sport or an exercise routine, but continue to eat to fuel their past activity level, weight creeps on. Maintaining some activity helps your hypothalamus down-regulate your appetite and balance your energy requirements.
- 10. Add more protein:** Add lean protein, such as fat-free ham or chicken breast to your salad sandwiches to fill you up and avoid the mid-afternoon munchies.