



# Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

April 6, 2009

WEEK 7

## Feel Satisfied, Feel Full

Those successful with weight management create habits that prevent them from over eating and promote smaller portions. The keys are to not get too hungry before meals or snacks, and to feel satisfied and full following meals. By pairing lean protein with low density foods, you can put together a power meal or snack that can kick hunger and cravings to the curb.

### Low Density Foods

Low density foods are foods that don't have a lot of calories for their size or weight. You can eat a large portion without necessarily eating a lot of calories. Low density foods tend to be full of water, which helps add weight and volume without calories. Examples include fruits and vegetables and many broth-based soups. Examples of high density foods are chocolate cake or fried chicken. Even a small helping can serve up a lot of calories.

Low density foods are a great part of a healthy diet because they help to fill you up and keep you full. They're a great mind trick, too, because they provide your brain with more sensory stimulation. You can spend more time eating them so you spend more time chewing, tasting, and smelling which makes your brain feel more satisfied.

### Lean Protein

Protein is also helpful for improving satiety and has been shown to keep you feeling satisfied. Protein helps prevent the extreme highs and lows in blood sugar that can wreak havoc on hunger.

Choose lean protein to get the benefits without the extra fat and calories. Options include: fish, white-meat chicken, low-fat dairy, nuts and legumes, beans, lentils, eggs, and soy products. Choose leaner cuts of beef, such as round, sirloin and tenderloin, and leaner cuts of pork such as loin chops and tenderloin.



## Tips for Making Meals Satisfying

1. Start with drinking a glass of water. Sometimes the brain confuses thirst for hunger, so try some water before meals and snacks to prevent overeating.
2. Enjoy an appetizer of a broth-based soup or a salad to help fill up before the main course.
3. Include a fruit or vegetable every time you eat to add some bulk.
4. Make sure to eat slowly and enjoy each bite. They say that it takes about 20 minutes for your stomach to signal to the brain that it's full. Feeling full is good, feeling stuffed is not.
5. A small handful of nuts, or a sprinkling on salads or oatmeal, can really keep hunger at bay. Nuts have the protein, fiber, and fat to keep you going, but watch your portion sizes because they are high in calories. One serving is about the size of a golf ball.
6. Choose whole grain breads, rice, and cereals.
7. Include healthy fats in moderation to prolong digestion, keeping you satisfied longer.
8. Work with your cravings, not against them. If you crave chocolate, enjoy quality chocolate in mini-serving sizes or a hot chocolate made with skim milks after your meal.

## Announcements

• **Adult CPR** (\$45 for RSF members, \$60 for non-members)  
• Friday, April 17 8:30 am - 12:30 pm  
• RSF Conference Room

• Co-sponsored with Recreational Sports. Learn life-saving techniques and receive certification from the American Red Cross. Enroll online at: <http://calbears.berkeley.edu>