

Seven ways to feel full without overeating

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Not feeling full after or between meals can result in overeating. In the October issue of Food Technology magazine published by the Institute of Food Technologists (IFT), contributing editor Linda Milo Ohr writes about studies that show eating certain nutrients and foods may help curb appetite and keep one feeling fuller longer.

These include:

1. **Protein:** Adding one protein to breakfast everyday could contribute to improved satiety and diet quality (Leidy, 2013). Another study showed that daily consumption of a high-protein

afternoon snack containing soy lead to improved [appetite control](#), satiety, and reduced unhealthy evening snacking in adolescents (Leidy, 2014). Whey, soy, pea, and egg protein all contribute to a feeling of fullness.

2. **Whole Grains and Fiber:** Substituting whole grain bread with refined wheat bread is linked to lower hunger, higher levels of fullness, and less desire to eat (Forsberg, 2014). Oats increased appetite-control hormones up to four hours after a meal, whereas rice-based foods did not (Beck, 2009).
3. **Eggs:** Eggs are one of the densest proteins in the non-meat category. It has been shown that eating one egg with breakfast will help to reduce hunger between meal times (Vander Wal, 2005).
4. **Almonds:** The healthy fats in almonds decrease hunger and improve dietary vitamin E intake (Almond Board of California, 2013). People who ate 1.5 oz. of dry-roasted, lightly salted almonds every day helped satiate their hunger without increasing body weight (Tan and Mattes, 2013).
5. **Pulses:** Part of the legume family, pulses include dried peas, edible beans, lentils, and chickpeas. They are very high in protein and low in fat, and are proven to contribute to a feeling of fullness after consuming (Li, 2014).
6. **Saffron Extract:** This type of extract is shown to have a beneficial effect on appetite, mood, and behaviors relating to snacking (Gout, 2010), which helps reduce overeating linked to habit or stress.
7. **Korean Pine Nut Oil:** This kind of nut has high levels of healthy, all-natural fats, which are shown to release the satiety hormone, cholecystokinin (Einerhand, 2006).

More information: www.ift.org/food-technology/pa.../nutraceuticals.aspx

Provided by Institute of Food Technologists (IFT)

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