Hunger Happens: Managing Appetite in a Complex World
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Why Is My Appetite So Big?
- Genetic factors
  - Leads to increased food intake, preference for fat
  - Long-term energy restriction may alleviate these symptoms
- It’s only natural!
  - Necessary for survival
  - Food in the stomach sends hormones to the brain to tell us to stop eating
  - Modern American diet often overrides the system

Our Environment / Our Habits
- Making hunger-fighting food choices
- Maintaining enjoyment
- Getting in touch with fullness cues

Hunger Fighter #1: Fiber
- Why? – Fiber adds to the physical bulk of food without adding calories.
- Best Examples:
  - Medium Apple, 5.0g
  - Medium Pear 6.1g
  - Banana 3.9g
  - ½ Avocado 4.5g
  - 1 oz. Pistachios 3.1g
  - 6 Triscuits 3.0g
  - ½ c. Brown Rice 4.0g
  - 1 c. WW Pasta 6.3g
  - 1 c. Carrots 5.2g
  - ½ c. Peas 4.4g
  - Med Sweet Potato 4.9g
  - ½ c. Beans/Chick Peas ≈ 5.5g

Hunger Fighter #2: Protein
- Why? – Protein takes a long time to digest (much longer than refined carbohydrates)
- What – Meat, Poultry, Fish, Eggs, Beans, Peas, Lentils, Nuts, Dairy
- Best Examples:
  - Greek Yogurt 11g
  - Hard Boiled Egg 5g
  - String Cheese 8g
  - 3 oz. Chicken Breast 18g
  - 3 oz. Tilapia 20g
  - ½ c. Beans 8g
  - ½ c. Peas 5g
  - ½ c. Lentils 9g
  - 1c. 1% Milk 8g
  - 1 oz. Mixed Nuts 5g

Volumetrics – Dr. Barbara Rolls
- The Idea: People tend to eat the same volume of food on a daily basis
- The Math: Some foods are less energy dense – they have less calories per unit of volume
- The Strategy: Choose foods that are less energy dense, and feel fuller, longer
Hunger Fighter #3: Fat

- Why? Fat takes the longest to digest, and hormonally slows stomach emptying.
- Use, Don't Abuse!
  - Pan fry with non-stick spray or a few teaspoons of olive oil.
  - Have fish for dinner: Salmon, Tuna, Swordfish.
  - Snack Foods: 1 oz. nuts, 1 oz. cheese, ½ avocado, 2 tbsp. peanut butter.
  - Measure spreads and salad dressings.
  - Put one slice of cheese on a sandwich.

Example: Breakfast

~ 500 Calories

Example: Lunch

~ 900 Calories

~ 450 Calories

Example: Dinner

2 ½ Cups Macaroni & Cheese
~ 850 Calories

1 Cup Mac & Cheese
Add 2 oz. Chicken or Lean Ground Beef
Grilled Green Beans
~ 525 Calories

Example: Snack

2 Oz Pretzels, Potato Chips, or Tortilla Chips
~ 220-300 Calories

1 Oz Pretzels, Potato Chips, or Tortilla Chips
3 Oz Baby Carrots
2 Tbsp Hummus
~ 200-280 Calories

Appetite Fighting Snacks

Pickles

Apples

Green Veggies
Your Turn

6oz. Steak
4oz. Fries
3 tbsp. Ketchup
~ 800 Calories

Your Turn - Beverages Matter!

4oz. Steak
½ Baked Potato
1 Tbsp. Sour Cream
½ cup Broccoli
~ 500 Calories

~ 140 Calories

8 oz Seltzer
4 oz Juice
~ 40 Calories

Mindful Eating Practices

- Eat your meals at a table
- Recognize and/or avoid distracting environments
  - Television or Radio
  - Workspace/Computers
  - Some Restaurants
- Listen to your stomach
  - “Eat Until You Are 80% Full”
    - Traditional Japanese Proverb

Final Thoughts

- Fiber, Fat and Protein
- Adjust your meals to make them more satisfying.
- You are in control.

References

- http://www.nutritiondata.com