

How to stay fuller for longer!



Admittedly, it is perhaps easier said than done. Theory has it that you should only want to eat if your stomach is empty and your blood sugar levels drop. This will trigger your brain's appetite centre and you will react to the grumbling coming from your abdomen by reaching for something to nibble on.

What with cold weather, rainy days, commuting, boredom and stress many of us are ignoring our natural eating cues and grabbing those biscuits without really needing them or being hungry.

Use the tips below so that you too, can stay fuller for longer and manage mindless munching!

Fullness tip 1: Protein power

Protein is essential in a meal or snack to help keep you satisfied and sustain your energy levels. Protein helps to stabilize your blood sugar levels so ensure you have a source of protein at every meal/snack.

What is protein?

- Fat free flavoured or plain cottage cheese
- A small portion of low fat cheese
- Tuna/salmon in vacuum foil packets
- Legumes such as chickpeas, baked beans or lentils
- Lean game or ostrich biltong
- Boiled egg
- Smoked fish
- Protein based shakes or bars
- Other i.e. left over cooked protein such as mince or a few strips cooked chicken



Practical examples of adding protein to a snack:

- A handful of sultanas mixed with chunky cottage cheese
- Low fat goats cheese on oat cakes
- Fresh fruit with a handful lean biltong or a boiled egg
- Fruit smoothie with protein powder

Fullness tip 2: Fibre frenzy

Fibre helps to keep you full by adding bulk to meals which increases volume and encourages you to chew! Fibre also slows down digestion.

Tips to sneak in extra fibre with minimum of effort:

- ✔ **Have high fibre cereal for breakfast:** Ideally, aim for a whole grain, unsweetened cereal with at least 4 grams of fibre per serving. High-fibre cereals you might want to consider include Bran Flakes, High fibre bran, low fat mueslis (i.e. less than 5 - 10g fat per 100g) and oats.
- ✔ **Be snack smart:** Make crudité's such as baby carrots, cherry tomatoes, baby corn and broccoli florets dipped into fat free cottage cheese or hummus for your afternoon snack. You will fill up the empty afternoon space in your tummy while getting about 5 grams of fibre in each cup of veggies. Make popcorn as a low fat yet high fibre "any time" snack!
- ✔ **Make the switch:** Use high fibre products where possible such as seedloaf bread in place of white bread, whole wheat pasta, brown rice or barley as a starch accompaniment.
- ✔ **Start every dinner** with a mixed green salad or home made vegetable soup.



Fullness tip 3: Go hot!

Hot foods can help you feel full and are also very comforting in the winter months! Instead of always resorting to sandwiches or grabbing a take away option, bring dinner leftovers to heat up for lunch at the office.

Cook with warming spices such as cayenne, fresh ginger, chili peppers and cinnamon.



Many South Africans are deficient in the mineral magnesium as we do not have magnesium rich soils. This results in symptoms such as food cravings, increased appetite as well as tiredness, change in mood and muscle cramping. Taking an elemental magnesium supplement may help relieve these symptoms. Chromium polypicolinate (about 200mcg 3xday) may help manage blood sugar levels and cravings.

Lifestyle quality is seldom achieved by accident - you have to make a choice to live and work this way.