

Total Nutrition

Learn To Listen...To Your Stomach

by Mindy Hermann, R.D.

(NAPSA)—Did you know that babies are born with a natural hunger “thermostat” that tells them to eat when they’re hungry and stop when they’re full? Unfortunately, the environment becomes a stronger influence as we age and the thermostat tends to wear out—certainly most of us have been



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introduced to the “clean-plate” club. As adults, we’re on our own to control how much we eat by getting back in touch with our hunger and fullness cues. Here

are a few strategies that may help you listen to your stomach and eat less:

Slow down. Your stomach and other parts of your digestive tract send out signals when you have eaten enough. The signals take a while to register in your brain and tell you to stop eating. That is why experts say to eat slowly—give yourself a chance to get the “stop eating” message before you’ve eaten too much.

Include lean proteins such as fish, skinless poultry, and low-fat or fat-free dairy with your meals. Your body responds to protein by releasing hormones that trigger the “full feeling.”

Switch to whole grain foods. Whole Grain Total® and other whole grain cereals supply fiber, and a breakfast of cereal, fruit and milk may help you feel satisfied after eating.

Eat plenty of fruits and vegetables. “According to the new Dietary Guidelines, adults should

Quick Fruit “Cobbler”

Make this as a quick breakfast or snack. Microwave fresh or frozen fruit slices (apples, peach, nectarine and/or plum) in a bowl until soft. Top with crushed Whole Grain Total®, a sprinkle of cinnamon and chopped walnuts or almonds.



eat at least 4½ cups of fruits and vegetables a day, about twice the old recommendation,” advises Barbara J. Rolls, Ph.D., a researcher at Penn State University and author of “The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories.” “One strategy is to eat a salad, with lower-fat dressing, of course, at the beginning of lunch and dinner. Our research shows that starting a meal with salad helps people eat fewer total calories at that meal.”

Take smaller portions. Try putting less on your plate. Wait at least five minutes after you have finished eating; then ask yourself if you are still hungry. You may be surprised that you’re not.

Filling Foods

- Cereal with milk and fruit
- Broth-based soup
- Tossed salad (low-fat/fat-free dressing)
- Low-fat yogurt
- Bean chili
- Fruit-yogurt smoothie

