

What can I eat if I am still hungry?

Some foods are low in carbohydrate and fat and provide few calories. The foods below will not affect your blood glucose levels or bodyweight. Have extra salads and vegetables (except potato, sweet corn and legumes) if you still feel hungry at meal times. Add extra vegetables to soups and casseroles.

Fruit and Vegetables

- > Low fat dip (1-2 tablespoons) with vegetable sticks (eg carrot, celery, capsicum)
- > Pickled onions, gherkins
- > Cucumber or tomato, cherry tomatoes
- > Low joule ice blocks (home made with diet soft drink or diet cordial)
- > Strawberries / berries
- > Low joule / diet jelly

Drinks

- > Water (try adding a squeeze of lemon)
- > Tea / coffee (no sugar)
- > Plain soda water or mineral water
- > Diet / low joule soft drink / cordial
- > Bonox or Bovril
- > Clear soup or broth or trim cup-a-soup



Healthy low fat snack ideas

Remember these foods still contain carbohydrate and in large amounts can raise blood glucose levels. If you are trying to achieve your most healthy weight discuss snacks with your dietitian. Each serve below is 1 exchange=15g of carbohydrate.

- > 1 medium fruit
- > ½ cup tinned fruit in natural juice (drained) or snack-pack fruit cups
- > Low fat diet fruit yoghurt (200g) or light Fruche (100g) topped with fresh berries
- > Low fat, artificially sweetened flavoured milk (eg Feel Good) or low fat milk + Jarrah chocolate / Milo (1-2 teaspoons), limit to 250ml
- > Low fat dry biscuits (eg 1½ wholegrain Saladas, 2 Ryvita) or 3 thin rice cakes + low fat cheese / vegemite / 100% fruit jam / ham & tomato
- > 10 low fat rice crackers
- > 3 cups plain popcorn or 10 pretzels
- > Small hot cross bun or plain fruit bun (no icing)
- > 1 slice fruit loaf or raisin loaf
- > A small tin (130g) of baked beans
- > Toasted English muffin (½), 1 round crumpet or 1-2 pikelets + vegemite or 100% fruit jam
- > 1 Weet Bix or Vita Brits, or 10 Kellogg's plain Mini Wheats + low fat milk (100ml)
- > 1 Skinny Cow Ice-cream bar (68g) or Tub (88g)
- > 1 x 250ml glass of plain low fat milk with 1 tsp Milo
- > 1 x Wholegrain toast cut into soldiers (for dipping) with a soft boiled egg
- > 6 dried apricot halves with 1 Tbsp (25g) of raw nuts e.g. almonds, walnuts



Tips for eating the right amount

We eat for many different reasons, not only because we are hungry. We can eat because we are bored, lonely, stressed or out of habit. We also eat for the social enjoyment of eating – sharing and celebrating with family and friends. It is normal to eat even if you are not physically hungry. This sort of eating is called **non-hungry eating**. Unfortunately, though, if we eat for reasons other than physical hunger too often, we tend to gain weight.

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It is quite normal to do some **non-hungry eating**, but when we do too much, our eating pattern gets out of balance. If we can decrease the amount of eating we do when we aren't really physically hungry, most of us can still enjoy a wide range of foods of different tastes, textures, and fat and sugar content, and still reach and maintain a healthy, comfortable weight. Food often tastes delicious and is readily available, therefore it is very easy for us to misread or even not listen to our body signals, and we end up eating more food than our body actually physically feels like. If we can be more aware of our physical hunger and then significantly decrease the amount of **non-hungry eating** we do, our total food intake decreases.

Following are some tips to try and change these habits:

- > Drink a glass of water first, and with your meal, often thirst is mistaken for hunger.
- > Use a smaller plate.
- > Try and eat slowly and enjoy your food.
- > Don't let yourself get over hungry.
- > Sit down whilst eating.
- > Eat with others and discuss the food you are eating.
- > Eat away from distractions (such as the television) and take time to savour your food.
- > Freeze left-overs straight away or only make enough food for one meal.
- > Choose high fibre foods as they are more filling – e.g. wholegrain bread, oats, bran-based cereals, legumes (such as baked beans).
- > Include some protein with your meals and snacks – e.g. low fat yoghurt or small serve of lean meat, chicken or fish (this helps keep you fuller for longer).
- > Don't shop on an empty stomach and stick to your list.
- > Try keeping a food diary including *reasons* for eating. This may help you identify emotions and feelings that trigger your eating ('non-hungry' eating). You can access an eating awareness diary from www.ifnotdieting.com
- > Try to say to yourself before you eat anything, "I can have it if I want it, but do I really feel like it?" and see what happens. With practice, some people are able to significantly decrease their non-hungry eating just by asking themselves this simple but meaningful question.
- > Plan your meals and snacks in advance.
- > Eat until you are no longer physically hungry, not "full".
- > There is no such thing as 'good' food or 'bad' food. Look at all food being morally neutral. Talk about food being healthy (everyday food) or high-fat, high sugar 'sometimes' food.
- > Ask the restaurant if they serve entrée or ½ serves if portions are larger than usual.
- > Don't be influenced by other peoples serve sizes when eating with family and friends.
- > Serve a smaller amount, wait 15 minutes before deciding if you are still physically hungry and needing to eat more.



Further reading: 'If not dieting, then what?' Dr Rick Kausman, www.ifnotdieting.com

For more information

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