

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 and sweet corn) if you still feel hungry at meal times. Add extra vegetables to soups and casseroles.

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



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
- Low joule / diet jelly

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 lose weight you should discuss snacks with your dietitian.

- Fresh fruit
- Single serve tinned fruit in natural juice (drained) or snack-pack fruit cups
- Low fat fruit yoghurt or light Fruche
- Low fat, artificially sweetened flavoured milk (eg Feel Good) or low fat milk + Jarrah chocolate / Milo (1-2 teaspoons)
- Low fat dry biscuits (eg 1 ½ wholemeal Saladas, 3 Ryvita, 6 water crackers) or 2 rice cakes + low fat cheese / vegemite / 100% fruit jam / ham & tomato
- 6-8 low fat rice crackers
- 1 ½ cups plain popcorn or small amount of pretzels
- Small hot cross bun or plain fruit bun (no icing)
- 1 slice fruit loaf or raisin loaf
- Corn thins with a slice of tomato and low fat cheese



Use occasionally

- Low sugar / low fat fruit muffin, wholemeal scone or fruit cake (small slice)
- Toasted English muffin / crumpet or 1-2 pikelets + vegemite / 100% fruit jam
- Weet Bix / Vita Brits / Kellogg's Mini Wheats / Sanitarium Fruity Bix + low fat milk (small serve)
- Plain sweet biscuits – eg 2 shredded wheatmeal / 1 Freedom fruit cookie / 2 Milk Arrowroot
- Low fat ice cream
- Low fat cup-a-soup / tinned soup

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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. Unfortunately, though, if we eat for reasons other than physical hunger too often, we tend to gain weight.

Following are some tips to try and change these habits:

- Drink a glass of water first, and with your meal
- Use a smaller plate
- Eat slowly
- Chew your food as many times as you can
- Put your fork down between mouthfuls
- 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 – eg wholegrain bread, oats, bran-based cereals, legumes (such as baked beans)
- Include some protein with your meals and snacks – eg low fat yoghurt or small serve of lean meat, chicken or fish (this helps keep you fuller for longer)
- Use a shopping list
- Shop after you have had a meal or snack
- Try keeping a food diary including *reasons* for eating. This may help you identify emotions and feelings that trigger your eating ('non-hungry' eating)
- Plan your meals and snacks in advance
- Eat until you are no longer physically hungry, not "full"
- Serve a smaller amount, then wait 15 minutes before deciding if you are still physically hungry and needing to eat more.

