



Babies are born with an amazing skill. They eat when they are hungry and stop when they are full. This basic principal gives them the ability to almost perfectly regulate their weight and growth. Unfortunately, as we get older, this instinct fades and we gradually lose touch with our natural hunger cues. We begin to eat not just because we are hungry, but because either consciously or subconsciously we believe the food will make us feel good. Researchers are looking at ways we may be able to help keep our appetites in check.



Set yourself up for success

Starting with a reasonable portion is a great strategy for both meals and snacks. When presented with larger portions, we sometimes finish them out of habit or expectation, not necessarily because of hunger. Serving yourself reasonable portions and taking your time gives you a chance to reconnect with the feeling of satiation that comes when you have had enough and should stop eating.



Separate what you need from what you want

If you find that you absolutely must have that delicious brownie despite the fact that you just finished lunch, it isn't likely because you need the calories. You could choose a lower calorie sweet choice like some fresh fruit, or you could give in, but with just a small taste of the brownie. Take a bite sized piece and focus your awareness on enjoying the brownie. Giving yourself a chance to really enjoy it will give your brain the reward it was looking for without throwing your calories completely off balance.



Eliminate thirst as a factor

When taking in calories from beverages, it can be easy to confuse thirst and hunger. Thirst is simply the need for more water in your body, where as hunger should mean a need for more calories. To make sure you are not confusing the two, stay well hydrated by drinking water throughout the day.



REFERENCES:

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