

Can you eat more and lose weight?

People trying to reach and stay at a healthy weight can be easily derailed or frustrated if they always feel hungry. Hunger, appetite and satiety (feeling satisfied and "full") are complex, with a wide range of factors affecting them. There are still many unanswered questions, but recent research provides some guidance.

It appears that people feel "full" according to the amount of food they eat, not the number of calories they take in. Thus, a small amount of a high-calorie food is not enough to make you feel satisfied, and you are likely to eat more. To cut calories without feeling hungry, replace some higher calorie foods with foods that are lower in calories and fat, but will be more filling. The number of calories in a particular amount of food is called "calorie density" or "energy density." Low-calorie-dense foods are ones that don't have a lot of calories in each bite. Foods that have a lot of water or fiber and little fat, such as vegetables, fruits and whole grains, are usually low in calorie density. They will help you feel full without an unnecessary amount of calories. One way to do this is to start meals with low-calorie density foods such as a broth-based soup or a green salad without a large amount of cheese, dressing or croutons.

Protein also has been shown to increase feelings of satisfaction and decrease hunger. If you want to lose weight, some experts recommend keeping the amount of protein you eat at the same level but reducing calories from other sources. Substitute lean protein sources including lean meats, poultry, fish, beans, eggs, and nuts, for higher fat meats.

Fluids are crucial to good health, but calories in liquid form, including sodas and other sweetened beverages, don't help you feel full and satisfied the way food does. There is some conflicting research about artificial sweeteners and appetite; some experts think that these sweeteners may actually increase hunger or appetite. Choose drinks without calories, like water, sparkling water, or unsweetened iced tea. Drink fat-free or low-fat milk instead of 2% or whole milk.

http://www.cdc.gov/healthyweight/healthy_eating/
Leidy et al. The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men *Obesity*. 19(4):818-24, 2011
van Dam, R M. Seidell, J C. Carbohydrate intake and obesity. *European Journal of Clinical Nutrition*. 61 Suppl 1:S75-99, 2007
Energy density and weight loss: feel full on fewer calories Jan. 20, 2011, mayoclinic.com

Recipe of the Week: Felfel for sandwiches

serves 4 -- adapted from Jane Brody's Good Food Book

1 egg
1 Tablespoon water
1 teaspoon lemon juice
2 Tablespoons minced fresh parsley
2 scallions, chopped fine
2 cloves garlic, minced
1 Tablespoon reduced- sodium soy sauce
3 to 4 Tablespoons sesame tahini
1 can chickpeas, rinsed and drained
1 teaspoon each ground cumin and dried oregano
1/3 cup toasted wheat germ
Sliced, shredded or chopped veggies for topping
(lettuce, tomato, cucumber, carrots, etc.)
Whole wheat pita

1. In a food processor or blender combine first 11 ingredients. Blend till smooth.
2. Make into 8 patties. Fry on non-stick or lightly oiled skillet till lightly browned on both sides.
3. Serve in whole wheat pita topped with veggies.
4. If desired, top with a sauce of 6 oz. non-fat plain Greek-style yogurt, 1 tsp. dried dillweed, 1 clove pressed or minced garlic, 1 tsp. mild vinegar and 1/2 Tbsp. olive oil.

Nutrition facts (for 1/4 felfel recipe):

Calories: 268	Total Fat: 9g	Saturated Fat: 1.4 g
Carbohydrate: 36g		Dietary Fiber: 8 g
Protein 12.5 g		

Tip of the Week: Strong abdominal and oblique muscles can make you look and feel better and improve your posture and balance too. Some research indicates that the traditional abdominal crunches may not be the best exercise for these muscles. Try a bicycle maneuver: Lie flat on the floor so that your lower back is pressed to the ground and your core is engaged. Put your hands beside your head & lift your knees to about a 45-degree angle. Slowly, at first, go through a bicycle pedal motion. Alternately touch your elbows to the opposite knees as you twist back and forth. *from sportsmedicine.about.com and acefitness.org*