Hello toaster master, ladies and gentlemen, I’m Zhang Ben and have joined in Veritas for 3 months, I’m working together with Xiaohong in Interstellar team. It actually a challenge for me being here and making speech in English.

Well, this is my ice break speech and I want to share my experience about struggling with my appetite.

I have no idea when was I aware of my excellent appetite. Once it seems like there only two kinds of food for me: delicious one and the more delicious one. Even when I caught a cold, all in my mind is trying hard to find food which is both light and delicious.

Maybe, having good appetite should not be a trouble, but the fact is that nowadays people pay more attention to their body shape, especially the young girls in my age.

I have a clear memory about how nervous I was when I saw the numbers on the scales keeping on climbing. The first action I took was to control my appetite. But the result is that the appetite would be out of control after being limited for a short time. I began to envy people who has a poor appetite and don’t like to eat meat, sweets or something delicious but with high-calorie. And what’s worse, I would hate myself for the feeling of out of control whenever I overeat. And the situation is repeatedly for a long time. In a word, it was truly a suffering time for me.

Once chatting with a friend, I talked about my trouble. She told me that maybe there is something wrong with my eating habits, and introduced me a nutritionist’s Weibo. It’s no exaggeration to say that I have found a new world after going through the nutritionist’s Weibo.

I realized that I totally had no idea about the importance of healthy diet before. Then I have spent about half a year to adjust my diet habits. I began to pay attention to have a nutritionally balanced diet, such as improving the protein ratio, obtaining energy from various food, eating vegetables and fruit as taking a daily work. It seems like starting off on a right foot as I no longer desired for eating and my body felt comfortable. As a consequence, everything became getting better and better.

Here, I want to say that eat adequate and right amount of protein really can make us keep hungry away for a longer time than eat rice or bread, and that will help you to cut down the appetite for snacks.

I believe it’s more necessary for vegetarians.

Last but most important is that I become a better me, as I have learned how to discipline myself, how to accept myself as I actually am. Maybe I have a more strong appetite than others that it’s harder to have the perfect body shape I have desired for, but mow it’s enough for me to have a healthy attitude about my life.

When I wrote this experience down, I suddenly feel that my appetite just like an old friend of me, it made me confused, helped me grow up and also will accompany me all my life.

That‘s all, thanks!