**Day 25**

**Title: Getting Full and Staying Full**

One of the difficult parts about changing how you eat is getting used to any differences in fullness. Chances are, no matter what you were eating before you started on your balanced diet journey with Lume, you ate until you were full. When you got hungry, you probably ate again until you were full. That feeling of fullness can come after eating a lot of food, which can be a problem if that volume of food also brought a lot of calories.

Now that you’re eating a more balanced diet, that may mean you have changed the amount of certain types of food you’re getting. Perhaps you’ve decreased your portion sizes for some foods and increased others. Or maybe you’ve changed what types of foods you eat or how often. Have these changes ever left you a little hungry? Or have you wound up eating more than you wanted because you weren’t satisfied after your meal?

**How to feel full**

There is a way to help feel full while still eating a healthy, balanced diet. High-fiber foods and other foods with a lot of water are both great ways to increase the volume of food you eat without increasing the calories. These foods also tend to be the kinds you want to eat to fulfill your balanced diet goal, too. Here are some examples:

* Soup: Researchers have looked at the effect of eating a bowl of soup prior to a meal on the total amount of calories people consume. They found that people who ate soup as an appetizer to their dinners tended to eat fewer calories overall than people who didn’t have the soup appetizer. They also found that the soup-eaters were also more satisfied with their meal and stayed satisfied longer.
* Fruits & vegetables: Next time you need a snack, use it as an opportunity to get in one of your servings of fruits or vegetables for the day. Fruits and vegetables are doubly good because not only do they contain a lot of water, they also are high in fiber. This combination will help fill you up with few calories and will also keep you full longer. Raspberries, blackberries, oranges, and pears are all fruit sources of fiber. Add sun-dried tomatoes or beans to a salad for a fiber-packed lunch.
* Whole-grains: Whole-grain breads are also great sources of fiber. A sandwich made with whole-grain bread will give you three times the fiber of one made with white bread.

**A final word**

In short, adding foods high in water and fiber will help you feel full after eating less food and will help you stay fuller and satisfied longer. Instead of keeping sweet treats that are laden with calories and void of any nutritional value, keep some of these high-fiber and high-water foods on hand in case you run into a mid-afternoon or late night hunger spell. You’ll stay on track for your balanced diet and will have something to celebrate!

**Sources:**

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