

Extra bite to shed those kilos

NUTRITION

MOST diets fail to address the basic issue of appetite. But controlling your appetite is one of the most important ways to maintain or lose weight. For most of us, willpower alone is simply not enough.

"Our appetite commonly encourages us to find and eat food, often in the absence of obvious hunger," says nutritionist Nicholas Arthur from Appetite Right.

"Research tells us that in our society we are more likely to respond to external, appetite related forces than to hunger related forces, in choosing when and what to eat."

There are several ways you can rein in your appetite.

Chief among these is appetite monitoring.

"With appetite monitoring you write down how hungry you feel before you start eating and how full you are when you stop eating," says Mr Arthur.

"The goal is to rely primarily on internal appetite cues to

regulate eating and become a normal eater."

The foods you eat can also help control appetite. "A low glycaemic (low GI) diet that is high in protein, high in dietary fibre and high in slow-burning carbohydrates is recommended to curb appetite related overeating episodes," says Mr Arthur.

"Water should be consumed in high quantities. It's good for the skin and helps you throw out toxins from your body."

How often you eat and how much you eat can be just as important. "Eat little and eat often, at least six times a day," recommends Mr Arthur.

"When you train your body to expect food at certain times, your hunger signalling system learns that it can depend on you to provide food at regular intervals without being prompted. You will then have fewer false hunger alarms and be better able to detect them when they occur."

► For more information go to appetiteright.com.au

