4 Ways to Control Your Hunger

Many of us need to choose smaller portions of food to help us maintain a healthy weight or even lose weight. Thankfully, eating less does not have to mean going hungry. Follow these tips to eat less and still be full.

1. **Choose solids over liquids**
   
   Solid foods take longer for your body to digest than beverages. Eat an orange instead of drinking orange juice.

2. **Start your meal off right**
   
   Starting a meal with a vegetable soup or salad can fill you up so you eat smaller portions during the rest of the meal.

3. **Timing**
   
   Having 3 meals and 2 snacks spaced evenly throughout the day can help prevent you from overeating. Also, if you are usually hungry at a certain time every day, plan meals and snacks around this time.

4. **Choose foods high in protein and/or fiber**
   
   These foods will help you feel full for longer periods of time. Examples of these foods are beans, nuts, seeds, lean meats, fish, low-fat cheese, fruits, vegetables, and whole grains such as whole grain crackers and brown rice.

**Snacks to Fill You Up at Home**

- ½ large pepper sliced + 1 low-fat cheese stick
- 8 oz plain nonfat yogurt + 1 cup strawberries
- 1 hard boiled egg + 1 slice whole wheat toast

**Snacks to Fill You Up on the Go**

- 1 tablespoon peanut butter + 2 whole grain crackers
- Small handful nuts + 1 small banana
- ¼ cup hummus + 12 baby carrots

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.