

Taking Control of Hunger — Lessons on Calming Appetite and Managing Weight By Sharon Palmer, RD *Today's Dietitian* Vol. 11 No. 4 P. 28

Filling Up on Fiber One fact seems pretty clear in satiety research: Fiber is a winner. “There is a lot of data on fiber and satiety. It’s not just viscous fiber that helps; insoluble fiber appears to stay in the gut for days, and a full gut tends to make you feel fuller for longer. Studies show that increasing fiber makes you feel fuller,” says Slavin.

Fiber appears to work on hunger in many ways: by displacing available calories and nutrients from the diet; increasing chewing, which limits intake by promoting the secretion of saliva and gastric juices, resulting in stomach expansion and increased satiety; and reducing the absorption efficiency of the small intestine. In a 2001 research summary published in ***Nutrition Reviews***, researchers found that with ad libitum energy intake, the average effect of increasing dietary fiber across all of the studies indicated that an additional 14 grams of fiber per day resulted in a 10% decrease in energy intake and a weight loss of more than 1.9 kilograms through about 3.8 months of intervention.

“It’s a different mechanism with fiber and satiety,” explains Rolls. “Water and fiber often hang out together in foods, but not always. Many high-fiber foods are pretty low in energy density. But we also think that fiber affects texture, chewing, the gastric system, the speed of transit in the gastrointestinal tract, and hormonal responses.”

Promoting fiber-rich foods seems like a sure winner in controlling hunger. “Eating more whole grains, whole grain pasta, whole grain cereals, fruits, and vegetables is important for satiety,” says Jessica Lee, MS, RD, LD, manager of nutrition communications at the Calorie Control Council.

While eating whole grains can be an excellent way to increase fiber intake, Slavin cautions against lumping all whole grains into one category. “It’s the form of whole grains that are important. The marketing of whole grains has gotten ahead of the science. Now you see ‘whole grain’ snack foods and desserts,” says Slavin, who believes that whole food sources are the best bet for satiety. If you apply the energy density rules to many whole grain foods on supermarket shelves, a whole grain cookie just doesn’t match up to a bowl of oatmeal or a serving of quinoa.

The Science of Appetite

Nature prefers you fat, but you can take control. New research could explain better approaches to dieting and how to curb your appetite

Read more: http://www.time.com/time/specials/2007/article/0,28804,1626795_1626675_1626573,00.html#ixzz1duFHaO30

Unrefined foods, especially those that are high in fiber, stimulate appetite-suppressing hormones and make you feel full

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