

Discovering Satisfaction & Satiety Worksheet

A component of satisfaction derived from eating, is the sustainability of a food or meal--which is how long it will “hold you” until you get hungry again. Chronic dieters are often so focused on low calorie options, that hunger will often quickly reappear, which keeps them frustrated and focused on food. Consider:

- How do I want to feel, physically, after eating this meal or snack?
- How long do I want this meal or snack to sustain me?
- When was the last time that I ate?

Are You Meal Hungry?

Many people are conditioned to eat meals during certain time-periods, such as eating dinner around 6 or 7 pm. However, it’s possible to be “meal hungry” even though it’s not “time” for lunch or dinner. For example, if you eat lunch at 11:30, and arrive home at 4:00, you will likely experience meal-hunger. Consequently, it would take a meals-worth of snacks to feel satisfied.

Keep in mind, that if it’s been four to five hours since you last ate, you will likely be meal hungry (depending on the amount and type of food eaten at the previous meal or snack).

Satiety Practices

Choose one or two of these eating experiments and notice the difference in satiety and sustainability.

10 Satiety Practices to Try		Duration
	<i>Meals</i>	(hours)
<input type="checkbox"/>	Smoothie –vs.- Peanut Butter Jelly Sandwich	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Special K Cereal w/milk –vs.- Toast w/Peanut Butter	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Salad w/Chicken –vs.- Salad w/Chicken and ½ sandwich	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Plain Toast and String Cheese –vs.- Eggs and Toast	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Puffed Rice cereal –vs.- Old-Fashioned Oatmeal	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
	<i>Snacks</i>	
<input type="checkbox"/>	Handful of Raisins –vs.- Handful of Almonds	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Nonfat Latte –vs.- Energy Bar (Such as Clif Bar)	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Apple –vs.- Apple w/ peanut butter	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Cheese and crackers –vs.-Rice cakes and fruit	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5
<input type="checkbox"/>	Greek yogurt and berries –vs.- Granola Bar	0.5 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5