

# Fact Sheet

Central Adelaide Local Health Network

Diabetes Education Service

## What can I eat if I am still hungry?

### Healthy low energy snacks

These foods are low in energy (kilojoules/calories) and will have little effect on your blood glucose levels or body weight. Enjoy extra salads and vegetables (except potato, sweet corn and legumes) if you still feel hungry at meal times. You can add extra vegetables to soups and casseroles to fill you up.

#### Fruit and Vegetables

- > Vegetable sticks (e.g. carrot, celery, capsicum, zucchini, snow peas)
- > Pickled onions, gherkins
- > Cucumber, tomato, cherry tomatoes
- > Home-made ice blocks with diet soft drink or diet cordial
- > Strawberries / berries (up to ½ cup)
- > Low joule / diet jelly

#### Drinks

- > Water (try adding a squeeze of lemon)
- > Tea / coffee (no sugar, dash of milk)
- > Plain soda water or mineral water
- > Diet soft drink or diet cordial
- > Bonox or Bovril
- > Clear soup or broth



### Healthy carbohydrate snack ideas

**Remember** these foods still contain carbohydrate and in large amounts can raise blood glucose levels. If you are trying to achieve your most healthy weight discuss snacks with your dietitian.

Each serve below is approximately 1 exchange = 15g of carbohydrate

- > 1 medium fruit e.g. 1 apple, 1 pear, 1 small orange, 1 small banana
- > ½ cup tinned fruit in natural juice (drained) or snack-pack fruit cups
- > Low fat natural or diet fruit yoghurt (200g) or light Fruche (100g) topped with fresh berries
- > 250ml low fat, artificially sweetened flavoured milk (e.g. Feel Good)
- > 250ml low fat milk + Jarrah Chocolate or Milo (1-2 teaspoons)
- > 1 Skinny Cow Ice-cream stick (67g)
- > 1 Weet-Bix or Vita Brits, or 10 Kellogg's plain Mini Wheats + 100ml low fat milk
- > Low fat dry biscuits (e.g. 1½ wholegrain Saladas or 2 Ryvita or 3 thin rice cakes) with low fat cheese and vegemite or 100% fruit jam or ham & tomato
- > 10 low fat rice crackers (choose wholegrain)
- > 1 slice fruit loaf or raisin loaf
- > 1 slice wholegrain toast dipped into a soft boiled egg
- > ½ an English muffin or 1 round crumpet (wholemeal)
- > 1-2 pikelets with vegemite or 100% fruit jam
- > 3 cups plain popcorn
- > 1 small tin (130g) of baked beans
- > 6 medium dried apricot halves + 20g of raw nuts e.g. 10 almonds, 5 walnuts



## Tips for eating the right amount

We often eat for many different reasons, not just because we are hungry, e.g. boredom, habit, stress, comfort, pleasure, loneliness, celebrations. Occasionally we eat when we are already full or not actually hungry, this is called **non-hungry eating**\*. Too much non-hungry eating can lead to poor eating patterns which can cause weight gain.

### Am I really hungry?

Food often tastes delicious and is readily available. This can make it easy to misread our body signals which can lead to eating more than our body actually needs. If we can be more aware of our hunger and fullness, this can reduce our amount of non-hungry eating. Ask yourself the question before you eat, 'Am I really hungry?'



### Some tips to reduce non-hungry eating

- > Don't let yourself get over-hungry or starving.
- > Try to eat slowly and enjoy your food.
- > Plan your meals and snacks in advance; ask yourself if you are hungry before eating.
- > Sit down whilst eating, away from distractions (such as the television, the computer and the mobile phone).
- > Eat with others, chat while eating. Be the last to finish.
- > Choose high fibre foods as they are more filling – e.g. wholegrain bread, oats, bran-based cereals, legumes (such as baked beans). Include some protein foods with your meals and snacks as they are more filling – e.g. low fat yoghurt/milk or a small serve of lean meat, chicken or fish.
- > Don't be influenced by other people's serve sizes when eating with family and friends. Stick with what your body tells you. Stop eating just before you feel satisfied.
- > Wait 20 minutes before deciding if you are still hungry and want seconds.
- > Try keeping a food diary including reasons for eating. This may help you identify emotions and triggers for your eating (non-hungry eating). You can access an eating awareness diary from [www.ifnotdieting.com](http://www.ifnotdieting.com)\* (membership is free)
- > Try asking yourself before you eat, "I can have it if I want it, but do I really feel like it?" and see what happens. With practice, some people are able to decrease their non-hungry eating by responding to this question.
- > There is no such thing as 'good' or 'bad' food. Rather try to think about food being 'everyday' food or 'sometimes' food.

#### References:

\* If not dieting, then what? Dr Rick Kausman, [www.ifnotdieting.com](http://www.ifnotdieting.com).  
Allan Borushek's Calorie, Fat & Carbohydrate Counter 2016

**Acknowledgements:** CALHN, SALHN, NALHN Dietitians.

The information contained within this publication does not constitute medical advice, and is for general information only. Readers should always seek independent, professional advice where appropriate.

## For more information

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