

# EATING FOR SATIETY AND HEALTH



## HOW?

Be **MINDFUL**



Eat **WHEN HUNGRY**  
Stop **WHEN SATISFIED**

## WHAT?

### SATIATING MEALS

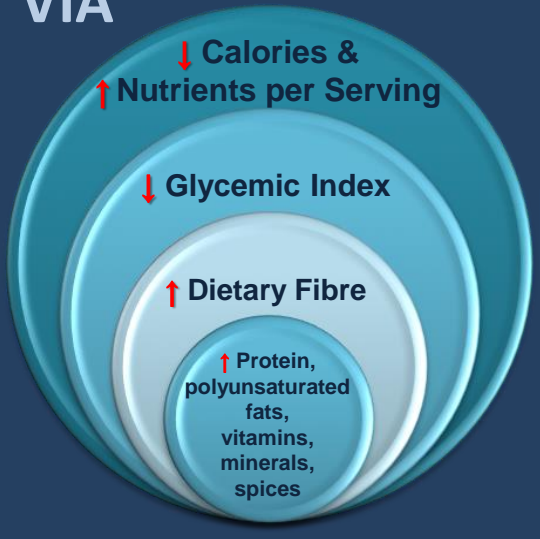


positively impact



**APPETITE** + **METABOLIC CONTROL**

## VIA



### PHYSICAL



### METABOLIC



**HEALTH**



### SOCIAL

### MENTAL

**Sources**  
 Poortvliet et al. (2007). Effects of a healthy meal course on spontaneous energy intake, satiety and palatability. *Brit J Nutr* 97(3): 84-90.  
 Arguin et al. (2017). Impact of a non-restrictive satiating diet on anthropometrics, satiety responsiveness and eating behaviour traits in obese men displaying high or a low satiety phenotype. *Brit J Nutr* 118(9): 750-760.  
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