



Do you **HAVE** to
be **HUNGRY** to
lose weight?

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- PhD - Nutrition with a concentration in Exercise Science
- Registered Dietitian
- Quit tenured University position to follow this crazy dream :)
- CrossFitter, runner, yogi, strongman
- Mother of 2
- Passionate about health, nutrition and fitness





WHO WE ARE

Introduction to Stronger U

Nutrition coaching company

Change the way the world views food!

Started by Founder and CEO Mike
Doehla in April 2015

Served 40,000 members in 50+ countries

Questions We'll Answer

- Is hunger a requirement for weight loss?
- What are some foods to eat to ease hunger?
- Should I eat a certain number of meals/snacks per day to eat hunger?
- Why do some people get to eat more food and feel less hungry when losing weight?
- And more :)



Weight loss basics

What are the basic nutrients?

Nutrition 101

Macronutrients

- Protein
- Carbohydrate
- Fat

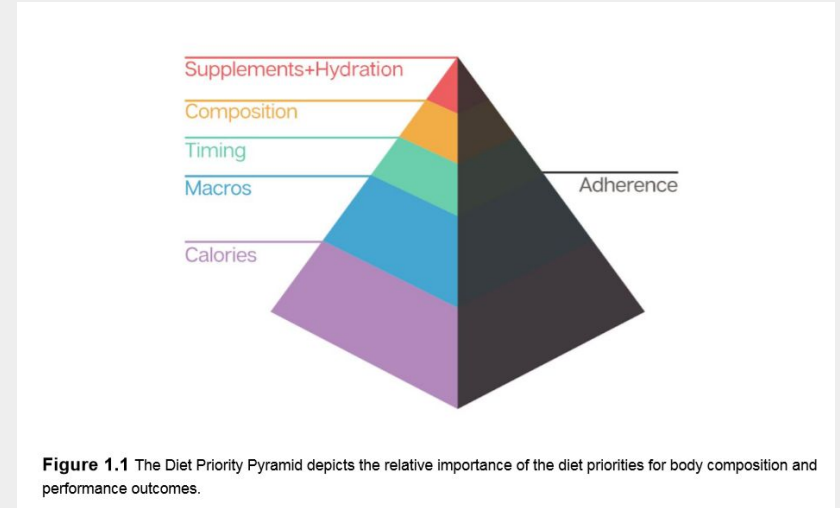
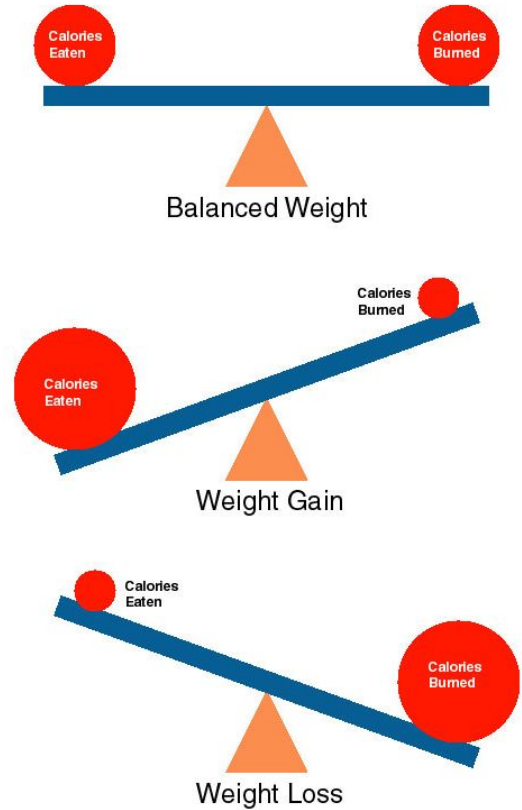
Micronutrients

- Vitamins
- Minerals

Water



Energy Balance



Israetel, M., Davis, M., Case, J. & Hoffman, J. The Renaissance Diet 2.0.

How Diets Work for Weight Loss

Diet	How It Works	Why It Works
Macro Counting/IIFYM	Track and eat a specific amount of each macro (carbs, fat, protein)	Creates a calorie deficit
Keto Diet	Eat almost 0 carbs, high fat and moderate protein	Creates a calorie deficit
Intermittent Fasting	Eat for only a certain number of hours per day	Creates a calorie deficit
Paleo Diet	Eat no processed food or dairy	Creates a calorie deficit
Low Carb Diet/Atkins	Eat high protein, moderate fat, low carb	Creates a calorie deficit
Weight Watchers	Eat a certain number of "points" that represent an amount of food	Creates a calorie deficit

Do I have to be
hungry?

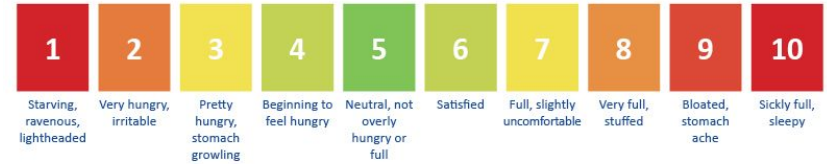
Do I have to be hungry to lose weight?

- Probably, yes
- Understanding hunger
 - Physiological (hunger)
 - Psychological (appetite)
- Make peace with hunger
 - We are supposed to feel hungry
 - Not an emergency
- Manage hunger



Am I hungry?

THE HUNGER SCALE

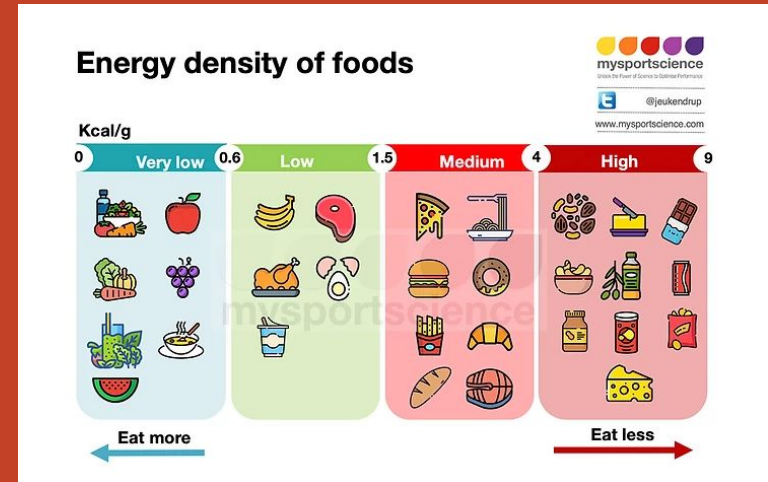


- Ask yourself
 - Why are you eating?
 - Stress, anxiety, boredom, anger, frustration, guilt, sadness, tired, celebrate
 - Hunger
 - If hungry, how hungry are you on a scale 1-10?
 - Eat when 3/4
 - Chicken/broccoli test
- Alternative options
 - Exercise, walk
 - Call a friend
 - Art - color, paint
 - Meditate
 - Sit with the feeling
 - Write out your list of 3 alternatives

Food selection to reduce hunger

Food Volume

- Humans tend to eat the same amount (weight) of food every day
- Energy density
 - Amount of calories per weight of food
 - kcal/g
 - Higher energy density
 - Higher fat
 - Low energy density
 - More water, air
 - Diet lower in energy density
 - Less calories
 - Better weight management



Using energy density to reduce hunger during weight loss



1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Used with permission from Dr. Barbara Rolls, Penn State University



STRONGER U
NUTRITION

Protein and satiety

- Protein is the most satiating macronutrient
 - Helps signal to stop eating a meal
 - Release of GLP-1, CCK, PYY
 - Assist with weight loss and weight maintenance
 - Feel full when eating less
- How to get more protein in your day
 - Plan for protein in each meal
 - Higher protein snack options
 - Greek yogurt, half turkey sandwich



Image - <https://medlineplus.gov/dietaryproteins.html>

Fiber and satiety

- Slow the speed in which food is digested
- Increase satiety
 - Time in between meals
- High fiber foods also tend to be lower in calories
 - Fruits, veggies, whole grains



Image - <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/fiber>

Eating frequency and timing to reduce hunger

How often you eat can impact hunger

- Impact on weight loss?
- Eating frequently
- No snacking

Meal	Time	Snacks	No Snacks
<i>Breakfast</i>	<i>8am</i>	300	300
<i>Snack</i>	<i>10am</i>	150	x
<i>Lunch</i>	<i>12pm</i>	400	500
<i>Snack</i>	<i>3pm</i>	100	x
<i>Dinner</i>	<i>6pm</i>	500	800
<i>Snack</i>	<i>8pm</i>	150	x
Total		1600	1600

When you eat can impact hunger

- Impact on weight loss?
- Limited eating window

Meal	Time	Snacks	No Snacks	Delay Snacks	Delay No Snacks
<i>Breakfast</i>	<i>8am</i>	300	300	x	x
<i>Snack</i>	<i>10am</i>	150	x	x	x
<i>Lunch</i>	<i>12pm</i>	400	500	600	700
<i>Snack</i>	<i>3pm</i>	100	x	x	x
<i>Dinner</i>	<i>6pm</i>	500	800	850	900
<i>Snack</i>	<i>8pm</i>	150	x	150	x
Total		1600	1600	1600	1600

Exercise to reduce hunger?

How can exercise help reduce hunger?

- Reduction in hunger post-exercise
- When exercising, not eating
- Can make you more hungry
 - Steady-state cardio versus lifting
- Increasing daily movement
 - Non-exercise activity thermogenesis (NEAT)
 - Eat more food!

Tying it all together

In Summary

- Weight loss requires you to eat fewer calories than your body burns
- Hunger will likely be present
- Reduce hunger through food selection
 - Lower energy density foods
 - Higher protein, fiber
- Reduce hunger through eating frequency and timing
 - Consider skipping snacks
 - And maybe breakfast?
- Keep moving!



Looking for support?

- Awareness and accountability are key for making changes
- Get an objective look at your habits
- Envision and achieve success!



Thank You!

Looking for more information?

info@strongeru.com

<https://strongeru.com/>