

Research & Reviews: Journal of Nursing & Health Sciences

Cutting Portions without Feeling Hungry

Nagarjuna BVR*

SRM University, Chennai, India

Review Article

Received date: 20/07/2016

Accepted date: 22/07/2016

Published date: 29/07/2016

*For Correspondence

Nagarjuna BVR, SRM University, Chennai, India,
Tel: 9676992144.

E-mail: nagcoolstar@gmail.com

Keywords: Diet, Hungry, Weight, Portions.

ABSTRACT

Losing weight is a tougher thing than maintenance of a healthy weight as our daily routine is a eat and run including a massive portion sized culture. As we are tired of failing in weight loss make us to believe in dieting don't work. Yes, we probably right as most of or diets don't work but, it is not that the diet is wrong but it is the fact that all diets doesn't work in the same manner on every one proving every individual responds to the diet of their suit. As there is no such one prescribed path to lose weight there are plenty of steps helpful in developing relationship with food which helps us to succeed in losing weight. This proves that healthing eating is one of the best tool to invade the weight loss.

INTRODUCTION

Prevention and control of Health problems such as high blood pressure, diabetes and some types of cancer can be best achieved by Healthy eating^[1-5]. Weight is the most prevalent problem found among one in 3 people. The formula for losing weight us burning more calories than what you consume. But this doesn't mean to growl the stomach to reach the goal. Lisa Young says that Eating tiny portions of everything dent make any sense in portion control. This can be achieved by eating fewer calories which comes under No diet plan to eating and losing weight^[6-11].

BIG GLASS OF WATER BEFORE EATING

Drinking 16 ounces of water which is equal to a big glass of water is suggested by Dawn Jackson Blatner. Natuarally feeling less likely to overeat is induced by filling our belly with water^[12-19]. So, sipping of some water before eating will automatically eliminate hunger and also dehydration.

CLOTHING TOOL

Squeezing into tight pants is although not suggestable but an outfit with waistband and buttoned Jacket is probably a tool in prompting to slow down the feel during the meal as suggested by Young. This makes us feel a little snugger at the Hunger^[20-26].

VEGGIE FILLERS

Filling out the tummy by bulking up the meals with veggies is one of the easiest way to cut down the calories which also fills up the tummy^[26-40]. Blatner suggests that spinach can be used as a sandwich-topper or can fiber and nutrients to pasta and stir fries. Swapping mushrooms to half of the ground meat and filling of diced apples in oatmeal makes it more. Substitution of Bread with whole wheat with more veggies can be used.

DINE ON DINNERWARE THAT HELPS YOU LOSE

according to Cornell University study the color of your plate might influence how much you eat. There are discoveries that the plate and food with low color constant makes people at buffet to serve 22% more than the higher color-contrast (like pasta with red sauce on a white plate or pasta with Alfredo sauce on a red plate)^[41-52]. So this conclude that eating less can be facilitated by

selecting plates with a color-contrast to the food you're eating for dinner. Or if you want to eat more healthy foods, like a bigger salad, eat greens from a large green plate or bowl!

SETTING THE SCENE FOR SLOWER EATING

According to Blatner taking meals leisurely with Dimmer lights and relaxing music helps in setting the tone to eat less. "Taking your time while eating increases enjoyment and decreases portions," she says ^[53-66]. She also suggests to chew slowly by putting down the fork between the bites and sipping water which makes the meal last longer ^[67-82].

WORKING FOR YOUR FOOD

This is another tool which slows down the eating. Munch on foods that require shelling, peeling, or individual unwrapping, Oranges, edamame, and pistachios in their shells are healthy options ^[83-89].

DON'T EAT FROM THE BAG OR BOX

Eating from bags blinds us from knowing how much we are eating. Researchers from Cornell University sought to answer this question in a study and found that people ate 50% more chips when they were given no visual cues as to how large a portion should be ^[90-98]. So, dividing the conatins to 10 servings will help us to know the proportions.

SLURP YOUR APPETIZER

Before diving the entrée having some soup is a great idea. Though it is assumed to add more to the meal, research has resulted in reduce of overall calorie intake ^[98-102]. In a study, people who had soup before the meal has reduced their total calorie intake by 20%. The best bet: a broth-based soup, preferably with veggies will be helpful in feeling full from the natural fiber, says Young.

TAKE A LAP BEFORE SERVING YOURSELF

Cornell University study , researchers has found out in their observation that people at two separate breakfast buffet lines that featured the same seven items: cheesy eggs, potatoes, bacon, cinnamon rolls, low-fat granola, low-fat yogurt, and fruit ^[103-105]. In which one line presented the foods from healthiest to least-healthy, while the other line had the order reversed. Regardless of which line they passed through, so, more than 75% of people had found out that people put the first food they saw on their plates. So, taking a stroll around the buffet or dinner table before serving.

DRINK FROM A TALL GLASS

Having a cocktail with the meal is okay but it should be limited to one glass. Inorder to believe that you are having more, pour the drink into a tall thin glass which is tricky way ^[106-109]. Adding extra ice to the drink also makes it look like even more!

REFERENCES

1. Kamal T and Khan MU. The impact of chemical preservatives and antioxidant on pear glucose bar. J Exp Food Chem. 2016;2:109.
2. Ignatyeva GN. Production of cloudifier products from lemon, orange, melon, persimmon fruit and its automation. J Exp Food Chem. 2016;2:110.
3. Singh P, et al. Protective effect of trigonella foenum-graecum and foeniculum vulgare mature leaf against t-bhp induced toxicity in primary rat hepatocytes. J Exp Food Chem. 2016;2:111.
4. Ordialez KGM, et al. Effects of onion (*Allium cepa*) and lemongrass (*Cymbopogon citratus*) extracts on lipid oxidation and acceptability of frozen deboned milkfish (*Chanos chanos*). J Exp Food Chem. 2016;2:112.
5. Song M, et al. Investigation on the profile of phenolic acids and flavonoids with antioxidant capacity in Florida highbush (*Vaccinium corymbosum* L.) and Rabbiteye (*Vaccinium virgatum*) blueberries. J Exp Food Chem. 2016;2:105.
6. García MA, et al. Evaluation of chitosan acid salts as clarifying agents of orange nectar. J Exp Food Chem. 2016;2:106.
7. Machado STZ, et al. Development of hplc-fluorescence method for the determination of ivermectin residues in commercial milk. J Exp Food Chem. 2016;2:107.
8. Abugri DA. Fatty acid profiling in selected cultivated edible and wild medicinal mushrooms in Southern United States. J Exp Food Chem. 2016;2:108.
9. Tokay F. Welcome message for journal of experimental food chemistry. J Exp Food Chem. 2015;1:e101.
10. Garino C. Inaugural issue of the journal of experimental food chemistry. J Exp Food Chem. 2015;1:e102.
11. Metak AM. Environmental alarm. J Exp Food Chem. 2015;1:e103.

12. Antonello S. Experimental food chemistry: new paradigms and challenges. *J Exp Food Chem.* 2015;1:e104.
13. Khurshid C and Ahmed O. Functional variation of soluble polyphenols in oak apple gall and pomegranate peels and their inhibition activity in leukemia k562 cells. *J Exp Food Chem.* 2015;1:101.
14. Han Y and Barringer S. Formation of volatiles in the lipoxygenase pathway as affected by fruit type and temperature. *J Exp Food Chem.* 2015;1:102.
15. Huang X and Barringer SA. A novel method for determination of furan partition coefficient in water, coffee and soy sauce by MHE/SIFT-MS. *J Exp Food Chem.* 2015;1:103.
16. Boskou D. Mediterranean diet food: strategies to preserve a healthy tradition. *J Exp Food Chem.* 2015;1:104.
17. Mishra B and Dinesh SN. "Universal diet and beverage code": 'the rules of halves in human nutrition'. *J Nutr Food Sci.* 2016;6:e125.
18. Roberto F. Olive oil phenolic compounds: may prevent cancer in human? *J Nutr Food Sci.* 2016;6:e126.
19. Birketvedt GS, et al. A dietary supplement in combination with an education plan and a long-term follow-up significantly decrease blood pressure, body weight and body fat. *J Nutr Food Sci.* 2016;6:512.
20. Khalifa I, et al. Influencing of guava processing residues incorporation on cupcake characterization. *J Nutr Food Sci.* 2016;6:513.
21. Mensah EO, et al. Thermal Stability of β -Amylase Activity and Sugar Profile of Sweet-Potato Varieties during Processing. *J Nutr Food Sci.* 2016;6:515.
22. Kardjadj M and Luka PD. Current situation of milk and red meat industry in algeria. *J Nutr Food Sci.* 2016;6:516.
23. You W and Henneberg M. Meat in modern diet, just as bad as sugar, correlates to worldwide obesity: An ecological analysis. *J Nutr Food Sci.* 2016;6:517.
24. Kuo CS, et al. Genetic polymorphisms of one-carbon enzymes interactively modify metabolic folate stress and risks of hepatocellular carcinoma development. *J Nutr Food Sci.* 2016;6:518.
25. Meng F. Baker's Yeast beta-glucan decreases episodes of common childhood illness in 1 to 4 year old children during cold season in China. *J Nutr Food Sci.* 2016;6:518.
26. Dagadkhair AC, et al. Effect of storage on physicochemical properties of spiced fish sauce. *J Nutr Food Sci.* 2016;6:520.
27. Rodova M, et al. Hcpidin regulation by bone morphogenetic protein signaling and iron homeostasis. *J Nutr Food Sci.* 2016;6:521.
28. Rehman R. Nutrition and health in undergraduate medical curriculum. *J Nutr Food Sci.* 2016;6:522.
29. Ismail AAA, et al. Magnesium: A mineral essential for health yet generally underestimated or even ignored. *J Nutr Food Sci.* 2016;6:523.
30. Aytenfsu S, et al. Review on chemical residues in milk and their public health concern in Ethiopia. *J Nutr Food Sci.* 2016;6:524.
31. Rohmah Z, et al. Anti-obesity effects of lipid extract from sea-reared of rainbow trout (*Oncorhynchus mykiss*) fed with sea squirt (*Halocynthia roretzi*) tunic's carotenoids and CLA. *J Nutr Food Sci.* 2016;6:525.
32. Alborzi Z, et al. Effects of the two extracted agglutinins from *rhizoctonia solani* kühn (Cantharellales: Ceratobasidiaceae) on digestive α -amylase of *Pieris brassicae* L. (Lepidoptera: Pieridae). *J Nutr Food Sci.* 2016;6:526.
33. Das R, et al. Nutraceutical-prophylactic and therapeutic role of functional food in health. *J Nutr Food Sci.* 2016;6:527.
34. Singh K. Nutrient and stress management. *J Nutr Food Sci.* 2016;6:528.
35. Acosta-Navarro JC, et al. Healthier body composition in vegetarian men compared to omnivorous men. *J Nutr Food Sci.* 2016;6:529.
36. Nishteswar K. Ayurvedic concept of food and nutrition. *J Nutr Food Sci.* 2016;6:530.
37. Jarosławska J, et al. Polyphenol-rich blackcurrant pomace counteracts impaired antioxidant status and serum lipid profile in rabbits fed a diet high in unsaturated fat. *J Nutr Food Sci.* 2016;6:531.
38. Sibrián R and Fulladolsa P. Classification of dual burden of malnutrition in young children. *J Nutr Food Sci.* 2016;6:532.
39. Asaduzzaman M, et al. Phytochemicals, nutritonal constituents, anti-bacterial and hypoglycemic activity of aegle marmelos lin. Leaf extract in alloxan induced diabetic rats. *J Nutr Food Sci.* 2016;6:533.
40. Rafiq S, et al. Development of probiotic carrot juice. *J Nutr Food Sci.* 2016;6:534.
41. Farbod F, et al. The effects of storage time on physiochemical, rheological, micro-structural and sensory properties of feta cheese fortified with fish and olive oils. *J Nutr Food Sci.* 2013;3:230.

42. Nagao Y and Sata M. Effect of a late evening snack of amazake in patients with liver cirrhosis: a pilot study. *J Nutr Food Sci.* 2013;3:223.
43. Thomas RM, et al. Two weeks of low dose fish oil supplementation followed by a single bout of exercise increases high density lipoprotein cholesterol in college-aged and middle-aged men. *J Nutr Food Sci.* 2013;3:221.
44. Dipjyoti C, et al. Fermentation of psidiumguajava juice by using probiotic lactic acid bacterialactobacillus plantarum. *J Nutr Food Sci.* 2015;5:398.
45. Harsha H and Aarti S. Quality evaluation of herbal juice developed from traditional indian medicinal plants using citrus limetta as base. *J Nutr Food Sci.* 2015;5:396.
46. Ji Z, et al. Chinese yellow wine could inhibit production of matrixmetalloproteinase-2 induced by homocysteine in cultured rat vascular endothelial cells. *J Nutr Food Sci.* 2015;5:394.
47. Govindaraj M. Is fortification or bio fortification of staple food crops will offer a simple solution to complex nutritional disorder in developing countries? *J Nutr Food Sci.* 2015;5:351.
48. Oyewole Oyediran E. Approaches to enhanced political will for achieving nutrition-related millennium development goals in Nigeria. *J Nutr Food Sci.* 2015;5:346.
49. DeWitt TM. An exploratory study: clinical dietitians do not view the full liquid diet as best practice for the post-operative patient. *J Nutr Food Sci.* 2015;5:345.
50. Ahmad A, et al. Perspective of β -glucan as functional ingredient for food industry. *J Nutr Food Sci.* 2012;2:133.
51. Nagendra Prasad MN, et al. A review on nutritional and nutraceutical properties of sesame. *J Nutr Food Sci.* 2012;2:127.
52. Bibiloni MDM, et al. Diet quality of mediterranean adolescents evaluated by mediterranean adaptation of the diet quality index-international (dqi-i): socioeconomic, anthropometric, lifestyle and body image determinants. *J Clin Nutr Diet.* 2016;1:1
53. Hekmatdoost A. Prevention of nonalcoholic fatty liver disease (nafld) progression to nonalcoholic steatohepatitis (nash) by modification of lifestyle and dietary supplements. *J Clin Nutr Diet.* 2016;2:2.
54. El-Sabban F. Perspectives on energy drinks. *J Clin Nutr Diet.* 2016;2:2.
55. James KS, et al. How effective is a simple pre-diabetes screen for clinical practice? *J Clin Nutr Diet.* 2016;2:2.
56. Anderson JJB. Relationships of calcium to skeletal health and potential adverse effects. *J Clin Nutr Diet.* 2016;2:1
57. Meshram II, et al. Prevalence of under nutrition and its predictors among under 5 year children in Surat Region, Gujarat, India. *J Clin Nutr Diet.* 2016;2:1.
58. Shateri Z and Djafarian K. Coffee consumption and coronary heart diseases: A mini-review. *J Clin Nutr Diet.* 2016;2:1.
59. Devlin N, et al. Effect of oatmeal on postprandial vascular compliance following a high fat meal. *J Clin Nutr Diet.* 2016;2:1.
60. Ross E, et al. The low FODMAPS diet and IBS: A winning strategy. *J Clin Nutr Diet.* 2016;2:1.
61. Nonato IL, et al. Nutritional issues concerning street foods. *J Clin Nutr Diet.* 2016;2:1.
62. Jenzar H. The Dietitian's interest to gain insight into the nutrition black box. *J Clin Nutr Diet.* 2016;1:1
63. Barrett S, et al. Bridging the gap for homebound elderly diabetics: Increasing awareness of interventions for diabetic homebound elderly adults. *J Clin Nutr Diet.* 2016;1:1
64. Sanwalka N. Vitamin D deficiency in indians – prevalence and the way ahead. *J Clin Nutr Diet.* 2016;1:1
65. Sood S, et al. Hypoglycaemic and hypocholesterolemia efficacy of horse chestnut (*Aesculus indica*) using rat models. *J Clin Nutr Diet.* 2016;1:1
66. Brown RC, et al. Oral fatty acid sensitivity among obesity resistant and obesity susceptible individuals. *J Clin Nutr Diet.* 2016;1:1
67. Musil D. Chronic venous disease, obesity and the risk of venous thromboembolism in a czech population. *J Obes Weight Loss Ther.* 2016;6:310.
68. Albugami HF. Conducting physical activity intervention afterward school times: A meta-analysis. *J Obes Weight Loss Ther.* 2016;6:311.
69. Igor B and Rafael L. Trans fatty acids, does exist safety dosage? *J Obes Weight Loss Ther.* 2016;6:312.
70. Gezgin I, et al. Effects of borax and sleeve gastrectomy on mRNA. *J Obes Weight Loss Ther.* 2016;6:302.
71. Abiad F, et al. Bariatric surgery in the management of adolescent and adult obese patients with polycystic ovarian syndrome. *J Obes Weight Loss Ther.* 2016;6:303.
72. Kutty NAM and Aziz AABA. Association of sedentary behaviour and cardiometabolic risk biomarkers among chinese females: A cross-sectional study. *J Obes Weight Loss Ther.* 2016;6:304.

73. Durá-Travé T, et al. Leptin and metabolic syndrome in obese pediatric population: A cross-sectional study. *J Obes Weight Loss Ther.* 2016;6:305.
74. Alkahtani S and Awad N. Comparing the physical activity patterns of male and female students in the preparatory year in Aaudi Arabia. *J Obes Weight Loss Ther.* 2016;6:308.
75. Rajajeyakumar M. Impact of early behavioral modification in food addiction is effective method of treating obesity? *J Obes Weight Loss Ther.* 2015;5:e116.
76. Silva V and Grande AJ. Weight loss management through exercise based on guideline recommendation: A case series from SRF-YMCA study. *J Obes Weight Loss Ther.* 2013;3:185.
77. Askari F, et al. The effects of nutrition education and diet therapy on glycemic and lipidemic control in iranian patients with type 2 diabetes. *J Obes Weight Loss Ther.* 2013;3:186.
78. Buccheri T. The importance of psychodiagnostic evaluation to structure effective and integrated prevention program: A preliminary sicilian study. *J Obes Weight Loss Ther.* 2013;3:189.
79. Verrotti A, et al. Obesity and migraine. *J Obes Weight Loss Ther.* 2013;3:194
80. Canitano N, et al. Emerging role of the fat free mass preservation during weight loss therapy through a novel advanced bio-impedance device (BIA-ACC). *J Obes Weight Loss Ther.* 2013;3:193.
81. Robin GKH. A case series investigation between transaminitis and the improvement in body mass index trend among patients with anorexia nervosa and eating disorder not otherwise specified of the anorexia nervosa type. *J Obes Eat Disord.* 2015;2:3.
82. Coelho RCLA. If obese patients overeat sometimes, their adherence will last longer: The controlled overeat. *J Obes Eat Disord.* 2016;2:1.
83. Hesselberg JO, et al. The effect of a new dietary mineral product on body composition and weight in overweight and obese people. The results from a comparative randomized 30-days study. *J Obes Eat Disord.* 2016;2:3.
84. Marks R. Knee osteoarthritis, obesity and exercise therapy-a complex issue. *J Obes Eat Disord.* 2016;2:2.
85. López-Hernández D. Support the research in the field of obesity, eating disorders and weight management. *J Obes Eat Disord.* 2015;1:1.
86. López-Hernández D. Welcome message. *J Obes Eat Disord.* 2015;1:1.
87. Mishra B and Dinesh SN. Universal diet and beverage code: 'the rules of halves in human nutrition'. *J Nutr Food Sci.* 2016;6:e125.
88. Kardjadj M and Luka PD. Current situation of milk and red meat industry in Algeria. *J Nutr Food Sci.* 2016;6:516.
89. Birketvedt GS, et al. A dietary supplement in combination with an education plan and a long-term follow-up significantly decrease blood pressure, body weight and body fat. *J Nutr Food Sci.* 2016;6:512.
90. Kuo CS, et al. Genetic polymorphisms of one-carbon enzymes interactively modify metabolic folate stress and risks of hepatocellular carcinoma development. *J Nutr Food Sci.* 2016;6:518.
91. Kenmogne-Domguia BH, et al. Protein-energy intakes and nutritional status of in-school adolescents in Baham, Cameroon. *J Nutr Disorders Ther.* 2016;6:186.
92. Nakamura Y, et al. Value changes in bone turnover markers and bone mineral density using ibandronate in japanese postmenopausal osteoporotic patients. *J Nutr Disorders Ther.* 2016;6:188.
93. Coelho CRV, et al. Environmental life cycle assessment of diets with improved omega-3 fatty acid profiles. *PLoS ONE.* 2016;11:e0160397.
94. Filmer D and Pritchett LH. Estimating wealth effects without expenditure data-or tears: An application to educational enrolments in states of India. *Demography.* 2001;38:115-132.
95. Frost MB, et al. Maternal education and child nutritional status in Bolivia: Finding the links. *SocSci Med.* 2005;60:395-407.
96. Harinarayan CV, et al. Vitamin D status and bone mineral density in women of reproductive and postmenopausal age groups: A cross-sectional study from south India. *J Assoc Physicians India.* 2011;59:698-704.
97. Nutrient requirement and recommended dietary allowances for Indians - a report of the expert group of the Indian council of medical. Indian council of medical research, National institute of nutrition. 2009;132:163-172.
98. Centers for disease control and prevention. National diabetes fact sheet. Atlanta, GA: Centers for disease control and prevention, US department of health and human services. 2011.
99. Centers for disease control and prevention. Diabetes report card 2012. Atlanta, GA: Centers for disease control and prevention, US department of health and human services. 2012.

100. Tur JA, et al. Associations between sociodemographic and lifestyle factors and dietary quality among adolescents in Palma de Mallorca. *Nutrition*. 2004;20:502-508.
101. Álvarez C, et al. *La medición de la clase social en ciencias de la salud*. Barcelona: SG-Sociedad Española de Epidemiología. 1995.
102. Serra-Majem L, et al. Nutrition policies in Mediterranean Europe. *Nutr Rev*. 1997;55:342-357.
103. Mendez MA, et al. Under- and overreporting of energy is related to obesity, lifestyle factors and food group intakes in Jamaican adults. *Public Health Nutr*. 2003;7:9-19.
104. Trichopoulos D. Indefence of the Mediterranean diet. *Eur J Clin Nutr*. 2002;56:928-929.
105. Vyncke K, et al. Validation of the diet quality index for adolescents by comparison with biomarkers, nutrient and food intakes: the HELENA study. *Br J Nutr*. 2013;109:2067-2078.
106. Alvero-Cruz JR, et al. Validity of body mass index and fat mass index as indicators of overweight status in Spanish adolescents: Esccola Study. *Med Clin (Barc)*. 2010;135:8-14.
107. Wilkinson IB, et al. Heart rate dependency of pulse pressure amplification and arterial stiffness. *Am J Hypertens*. 2002;15:24-30.
108. Vogel RA, et al. The postprandial effect of components of the Mediterranean diet on endothelial function. *J Am Coll Cardiol*. 2000;36:1455-1460.
109. Fitch RM, et al. Nitric oxide synthase inhibition increases aortic stiffness measured by pulse wave velocity in rats. *Cardiovasc Res*. 2001;51:351-358.