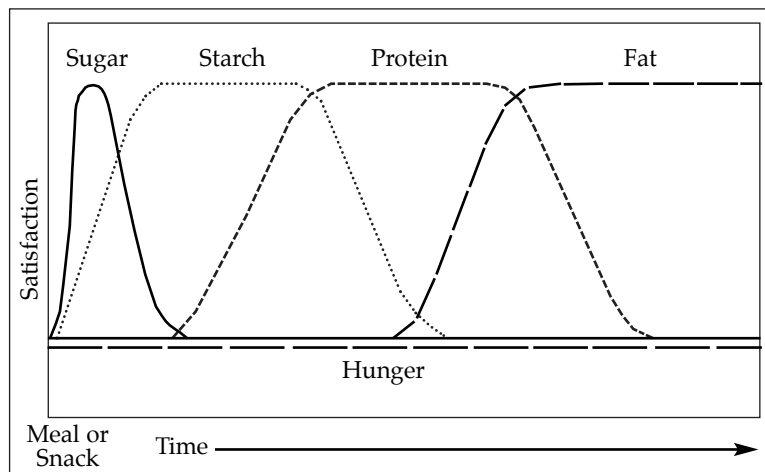


## Eating for Energy and Satisfaction

*While all foods are on the same level “morally” – this is not an issue of good vs. bad – different foods affect our bodies differently. Understanding how can help you feel empowered to make decisions moment to moment to best meet your needs for taste, satisfaction, and energy. Below are some basic nutrition guidelines for eating for consistent blood sugar levels, which translates into energy and satisfaction for most people.*

- All foods are composed of some combination of the three macronutrients: **carbohydrate, protein, and fat**
- Within each of these categories, certain choices might be more satisfying and sustaining than others
- As shown in this graphic from Ellyn Satter’s book, *Child of Mine*, sugar is broken down most quickly by the body but does not last as long; sugar is followed by starch (such as complex carbohydrates), protein, and finally fat:

FIGURE 2.7 SATISFACTION FROM CONSUMING SUGAR, STARCH, PROTEIN, AND FAT



## **CARBOHYDRATES**

- When our bodies are in the “starved” state, they seek a quick fix, often in the form of sugar (this is why we often crave sweets when we aren’t adequately fed)
- Sugar (or refined carbohydrates such as sweets, candy, sugary beverages, pastries, etc.) meet that immediate need, but often don’t satisfy us for long and we tend to get hungry again rather soon, which can be confusing.
- Carbohydrates that are more slowly broken down by the body are starches or complex carbohydrates. These help maintain a more consistent blood sugar level, which translates to greater satisfaction and energy.
- Examples: whole vegetables and fruits, whole grains (whole oats, whole wheat, quinoa, millet, amaranth, rye, etc.), and beans.

## **PROTEIN**

- Protein is more slowly broken down by the body, which means you feel fuller longer.
- Examples: fish, chicken, beef, eggs, dairy, some dairy substitutes (check the label; some are quite low in protein), beans, tofu, nuts, nut butters, seeds, seed butters, protein powder made from whey, soy, or pea.

## **FAT**

- Fats are the macronutrient that is most slowly broken down by the body, which is why including some fat in your meals and snacks tends to keep you satisfied longer.
- This is also why low-fat or fat-free foods tend to be less satisfying and have less staying power.
- Fat also contributes a pleasant texture to foods, which may make them more enjoyable.
- Examples: seeds, nuts, olives, olive and nut oils, chia seeds, hemp seeds, butter, ghee, and coconut.