

Early Satiety

What is Early Satiety?

Satiety is the feeling of fullness you get after eating. **Early satiety** is the feeling of being full soon after eating only a small amount of food. This can occur due to cancer or its treatment. Patients who feel like this may eat fewer calories, protein, vitamins, and minerals and then lose weight.

Tips on Avoiding Early Satiety

- Eat five to six small frequent meals instead of three big meals. Try to keep snacks handy for when you are hungry. Eat about every two hours.
- Don't drink beverages with meals. The liquid will fill you up and you won't be hungry. Drink your liquids between meals or after your meal.
- Avoid "gassy" foods and carbonated beverages (drinks with bubbles in it). They will make you feel full. Examples include:
 - Brussels sprouts
 - Beans
 - Broccoli
 - Cauliflower
 - Cabbage
 - Fruits and vegetables with skins on
 - Soda
 - Seltzer water
- Limit high fiber foods. Fiber takes longer to digest, which makes you feel fuller longer. Examples include:
 - Bran products
 - Whole wheat bread or pasta
 - Brown rice
 - Oats
 - Prunes
- Chew very slowly. Try to enjoy the food that you're eating.
- Eat in a pleasant and calm setting.
- Make every calorie count! Choose high calorie and high protein foods. On the next page are examples of some ways to add extra calories and protein to your diet:

Salad dressings and spreads	<ul style="list-style-type: none"> • Use regular salad dressing or mayonnaise on salads or sandwiches. • Add butter or margarine to starches (e.g. breads, crackers, bagels, etc.) or vegetables. • Add jellies or jams to breads and crackers.
Dairy products (If you can eat milk products without problems.)	<ul style="list-style-type: none"> • Add cheeses to meals. • Add sour cream to salads, potatoes and other dishes. • Add powdered milk to drinks such as smoothies. See fortified milk recipe below.
Meat and eggs	<ul style="list-style-type: none"> • Make hard-boiled eggs in advance and add them to salads, entrees or have them as snacks. • Add meat to soups, casseroles and omelets.
Nuts and seeds	<ul style="list-style-type: none"> • Sprinkle chopped nuts over desserts. • Add peanut butter to breads, crackers and fruit. • Keep seeds and nuts handy. They make fast and easy snacks.

Fortified Milk

Ingredients:

- 1-quart whole milk
- 1 cup nonfat instant dry milk

Directions:

- Pour liquid milk into a deep bowl.
- Add dry milk and beat slowly with beater until dry milk is dissolved (usually less than five minutes).
- Refrigerate and serve cold.

Note: If it tastes too strong, start with ½ cup of dry milk powder and gradually work up to 1 cup.

Yield: 1 quart

Serving size: 1 cup

Calories per serving: 211 calories

Protein per serving: 14 grams

<p style="text-align: center;">Use Fortified Milk When Making:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Macaroni and cheese <input type="checkbox"/> Puddings and custards <input type="checkbox"/> Cream sauces for vegetables <input type="checkbox"/> Mashed potatoes <input type="checkbox"/> Cocoa <input type="checkbox"/> French toast or pancake batter <input type="checkbox"/> Soup
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If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.