



association of nutrition services agencies  
*nutrition for the critically ill*

## Early Fullness

Here are some things to try that may make it easier for you if you experience early fullness:

- Eat small, frequent meals. For example, eat six small meals instead of three large meals. One small meal could be half of a turkey sandwich and a glass of milk.
- Try to eat solid foods for meals and, as best you can, drink your liquids between meals.
- Wear loose fitting “buffet wear” (elastic waistband, baggy, comfortable clothes) so nothing is constricting your stomach or waistline when you eat.
- Sit up as straight as you can while you’re eating. (No lying on the couch watching TV!)
- Try getting up and walking for a minute or two after you’ve eaten a little and then come back and eat some more.
- Foods that are high in fat (fried foods, rich sauces, added butter, salad dressings, etc.) tend to make you feel fuller. Try eating as few of these foods as you can, or if you need extra calories, try having them toward the end of your meal.
- Foods that are high in fiber (bran muffins, high fiber cereal, raw or unpeeled veggies and fruits, etc.) may make you feel fuller. Try having very small amounts of these foods at each meal so you still get some fiber, but not all at once.
- Eat foods that are easy to digest such as crackers, rice, pasta, potatoes, oatmeal, bread, fruit and fruit juices.
- Keep snacks near you all day so you can continuously munch throughout the day.