

How to Feel Full for Longer

Feeling full is key to achieving and maintaining a healthy weight. Hunger is a major reason people overeat or struggle to stick with healthy habits. Choosing foods and habits that improve satiety* can reduce calorie intake without feeling deprived or constantly thinking about food.

Foods that keep you full longer support steady, sustainable weight loss and help maintain energy for demanding offshore roles.

* Satiety is the feeling of satisfaction or fullness that you experience after eating reducing your desire to eat more. It supports weight loss because it helps you feel full while eating fewer calories than you burn, so:

- You naturally eat less
- You're less tempted to snack

For example:

- Low-satiety snacks (e.g., a chocolate bar and crisps) are unlikely to fill you up, and you may feel hungry again within an hour.
- High-satiety meals (e.g., chicken and vegetables with a glass of water) can keep you full for a couple of hours.
- Both can have similar calories, but the high-satiety meal keeps you fuller for longer.



Eating Habits

- **Prioritise protein:** protein slows digestion, reduces hunger hormones, and helps preserve muscle mass (supporting metabolic rate). High-protein foods include eggs, chicken breast, Greek yoghurt, fish, lean beef, cottage cheese, and protein shakes.
- **Increase fibre intake:** fibre helps you feel fuller for longer by slowing digestion. Choosing wholegrain options such as brown bread, wholewheat pasta, and brown rice can further support this effect. Other high-fibre foods include oats, lentils, beans, chickpeas, vegetables, and berries. Aim to fill at least half your plate with vegetables
- **Choose the right carbs:** refined carbs (e.g. white bread, pastries, sugary snacks) can cause a rapid rise and fall in blood sugar, leading to hunger, fatigue, and cravings. Swapping to wholegrain and minimally processed options like oats, brown rice, wholegrain bread, or sweet potatoes helps provide more sustained energy and reduces rebound hunger.
- **Healthy fats:** fats are calorie-dense, so keep portions small when trying to lose weight. However, healthy fats can slow digestion and increase satisfaction. Small amounts of olive oil, avocado, nuts, and seeds can help curb cravings.
- **Hydration, hydration, hydration:** thirst can feel like hunger, so try a glass of water when cravings hit. Drink a large glass before meals and aim for at least 2 litres per day.
- **Slow down:** pay attention to what you're eating and how it tastes. Avoid TV/phones, chew well, and pause during meals. It takes about 15–20 minutes for the brain to register fullness, so slowing down helps you feel full with less.



Important

Weight loss isn't about tiny portions, it's about choosing the right foods. Doing this helps you:

- Feel full after eating
- Stay in a calorie deficit
- Stay on track with weight-loss goals



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Support

More information on weight loss, meal planning, and healthy food choices:

- [Lose weight - Better Health - NHS](#)
- [Healthy eating when trying to lose weight - Better Health - NHS](#)
- [Weight Watchers](#)
- [NHS England Weight Management Program » How to access the programme](#)
- [Weight loss | NHS inform](#)

