



The FACE WEIGHT LOSS Program NEWSLETTER Number 5  
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## **The Importance of Choosing Foods that are Satisfying: Learning What to EAT**

In the beginning after weight loss surgery the foods we eat are prescribed and generally limited. When a broader range of foods are reintroduced, we experience many competing thoughts about what we should and should not eat.

### **Increasing our awareness of the various ways that different foods can be satisfying will help us be more successful in our goal to not overeat**

Choosing foods that are satisfying is instrumental for being able to stop eating when you have had enough. Foods have a variety of tastes and textures that create different sensations in our mouths and stomachs. In determining what foods will be satisfying it is helpful to consider the different properties that foods have. We want to identify and categorize these properties and determine what kind of satisfaction we are looking for at a particular time.

### **What are some properties of different foods?**

There are **creamy** foods, for example, pudding, yogurt, ice cream.  
There are **crunchy** foods, such as carrots, pretzels apples.  
There are **bulky** foods, for example, whole grains and bread.

### **What are some tastes of different foods?**

There are **salty** foods, for example anchovies, sardines, lox  
There are **sweet** foods, such as jello, maple syrup, sweet potatoes  
There are **bitter** foods, for example, quinine water  
There are **sour** foods, such as lemons, sour milk  
There are **spicy** foods, for example jalapeno peppers  
There are **bland** foods such as rice, unsalted crackers

**By learning to choose what we really want to eat we gain satisfaction, which is very important in being able to eat less.**

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