



NUTRITION TIPS

Eating According to Body's Needs.

If only Body Could Talk.

Although our body does not have a spoken language, it communicates. We know when our body hurts because we feel pain. But are we able to clearly hear our body communicate when it is time for us to eat and when to stop eating.

Infants know these signals well. But most adult don't remember the language of hunger and satisfaction. Infants cry to signal that they need a feeding.



They also know instinctively when to stop eating. When infants have had enough milk, they simply stop feeding. Infants do not keep feeding on milk until they are full. Once an infant is SATISFIED, he stops feeding. FULL is actually an uncomfortable feeling because the feeling of a full stomach is a signal that you have eaten too much food



Eating According to Body's Needs.

Hunger is Your Friend.

Hunger is a pain that feels different for different people. For some, it is an empty void feeling. When our stomach is empty, we can hear and feel the "growls". Hunger is a grand thing

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Visit the Olu Akinkugbe
Child Nutrition Centre

Friesland Foods WAMCO Nigeria PLC.
Plot 7b Acme Road, Ogba Lagos

because it tells us when it's time to eat. Hunger is good because we can know when it's time to eat and eating helps sustain life. To become acquainted with your hunger, don't eat until you feel a hunger pang.

Eating According to Body Needs:

The Biology of Hunger.

We usually first become aware of the fact that we are hungry when we feel "hunger pangs" which are just stomach contractions. When the level of glucose (blood sugar) in the blood is low, we feel hungry. Also important is that the feeling that it is time to stop eating is called satiety. One of the strongest learning experiences both children and adults have is called taste aversion. If we get sick soon after eating something we can develop an instant dislike for that food for the rest of our lives. In fact, children often say they are allergic to one food or another when this happens.

Eating According to Body Needs:

Full Vs Satisfied.

We should stop eating when we are satisfied, not when we are full. Being full is pretty much a non-feeling. We are full, but our stomach hunger pangs have increased. We have room to take a deep breath. We have enough energy to Take a walk or do an activity. We don't feel full, just satisfied. Take a cue from infants who



eat only when they are hungry. And only eat enough food to get satisfied, not enough to get full. By filling almost half our plate with vegetables and having another quarter with fruits, we are sure to eat the suggested amount of vegetables and fruits everyday.

Visiting Hours:

10:00 am - 12noon and 2:00pm - 3:30pm
(Mondays - Fridays)

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