

## Eating for Life: Designing Foods for Appetite Control

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### Abstract

We are all well aware that rising levels of obesity in developed countries is having a significant impact on the health of the population. This is despite the availability of a wide range of low-calorie foods and an awareness of how important it is to adopt a healthy lifestyle. A new and emerging approach is to design foods that enhance the physiological regulatory mechanisms controlling appetite and energy intake. This is achieved through either promoting gastric distension or slowing intestinal transit in order to promote satiety-enhancing neuroendocrine feedback responses. This commentary explores the background and mechanisms involved in developing these strategies.

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**Abbreviations:** (CCK) cholecystokinin, (GI) glycemic index, (GLP-1) glucagon-like peptide 1, (PYY) peptide YY

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