Satiety is a biological response that unfolds over time.

Eating Occasion

Hunger and drive to eat are suppressed as the eating occasion begins.

Post-Meal Persistence

Satisfaction persists as neural, endocrine, GI, and metabolic processes interact. Signals including GLP-1, PYY, CCK, and ghrelin contribute to appetite regulation.

Appetite Returns

The response gradually fades, appetite returns, and the next eating occasion approaches.

No single signal is synonymous with satiety.

Satiety emerges from interacting neural, endocrine, gastrointestinal, and metabolic processes. Neural pathways communicate information between the gastrointestinal tract and brain.

Design Implication: In food-design terms, desired satiety duration becomes a performance specification that food systems must be built to meet.