Ghrelin is a gut peptide produced by mainly stomach that induces appetite stimulatory actions. Obestatin is peptide derived from preproghrelin and was initially described to antagonize stimulatory effect of ghrelin on food intake. This work was undertaken to investigate the influence of postprandial status on plasma ghrelin and obestatin concentrations in patients with bulimia nervosa and healthy women. After overnight fasting, plasma ghrelin and obestatin were measured before and after consumption of soluble fiber alone or with glucose. I observed greater decrease of plasma ghrelin and obestatin after consumption of soluble fiber with glucose. I conclude that postprandial plasma ghrelin and obestatin levels are influenced by caloric content of the meal and depend on eating behavior.