

Foods to Fill You Up

Getting enough protein, fiber, and water can help reduce hunger and the amount of food we need to feel full. This is important when working towards a healthy weight because it helps us get the nutrition we need while making sure we aren't hungry.

Fiber

Fiber helps us feel full by slowing down digestion. Our bodies have to work to break high-fiber foods down. These foods usually need more chewing which gives our stomachs more time to feel when we have had enough.

1. Apple slices
2. Carrot and celery sticks
3. Berries
4. Broccoli and cauliflower
5. Cucumber
6. 100% whole wheat crackers (~6 crackers)
7. Brown rice (1/2 cup)
8. Lettuce
9. Oats (1/2 cup)
10. Oranges

Protein

Protein helps us feel full because it takes more time for our bodies to breakdown the nutrients. It also helps control blood sugar which can reduce cravings and keep us feeling fuller longer.

1. Greek Yogurt
2. Hummus (2 Tbsp)
3. Eggs
4. Nut Butters (2 Tbsp)
5. Reduced Fat Cheese (1 ounce)
6. Deli slices (<3 grams fat per ounce)
7. Chicken
8. Nuts and seeds (1/4 cup)
9. Tuna
10. Beans/Legumes

Water

Water not only keeps us hydrated but it also helps our bodies get rid of waste and excess. It is also easy to think you're hungry when you're thirsty so having a glass of water before a meal or snack and making sure we get enough water during the day can help us feel fuller without eating too much.

Better Together

Adding foods with these nutrients is one of the best ways to fight hunger. Try adding fiber and protein at meals and snacks and drinking enough water to help fill you up.