Be Fully Satisfied

Don’t get so hungry you resort to sneaking a piece of cake.

December 3, 2014 By Kate Ferguson

There is a way to satisfy your hunger without scarfing down a whole lot of extra or empty calories. Just choose nutritious foods that fill you up faster and longer.
Many nutrition experts agree that to satisfy your hunger while still paring off pounds, the foods to reach for are those higher in lean protein—such as eggs, fish, poultry, beans and lentils—and fruits, veggies and whole grains that are rich in fiber and good fats. (Think extra virgin olive and coconut oils, avocados, nuts and seeds eaten in moderate amounts.)

What’s more, popcorn, fruits and veggies with a high water or fiber content, such as watermelon and sweet potatoes, or whole grains, such as brown rice, are also good food choices that fill you up. The idea is not to go hungry and to keep the metabolism stoked.

Advises Jessica Bartfield, MD, a clinical assistant professor who specializes in nutrition and weight management at the Loyola Center for Metabolic Surgery and Bariatric Care, “Dieting is a skill, much like riding a bicycle, and requires practice and good instruction.”

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