

Food and Fullness

Many of us know that to lose weight, we should eat foods that are lower in calories and packed with more nutrients. Eating this way provides our bodies with everything we need to complete all of life's tasks. It also helps us reach our weight goals. But how do we continue to feel full while eating fewer calories? Here are some tips to help you fight hunger and stay full longer.

1 To feel full longer, make sure every meal includes lean protein and fiber.

➡ **Protein** is more filling than fat or carbs (carbohydrates).

- Focus on protein that is lower in saturated fat like fish, poultry, eggs, tofu and beans.
- Eating lean protein along with plant-based fats (for example, olive oil, pumpkin seeds, avocado) for breakfast can help with feeling full for a longer time. It can also increase the amount of calories you burn during the day.
 - Add avocado to your eggs, peanut butter to your protein shake, or nuts to your oatmeal.



➡ **Fiber**, found only in plants, keeps food from moving too quickly through our bodies. This slower process helps us stay full longer and keeps hunger from hitting us too quickly.

- Focus on fruits and vegetables, which are packed with fiber and vitamins our bodies need to stay healthy.
- Foods loaded with fiber include beans and legumes, whole oats, berries, apples, citrus fruits, broccoli, nuts, and seeds.



2 Drink water throughout the day and before meals to keep hunger away.

➡ **Drinking 10-16 ounces of water** before a meal helps reduce the amount of food needed to feel full. Drinking more water can also lead to greater weight loss.

- It's easy to confuse thirst for hunger. This may be why people who drink more water, especially before meals, lose more weight.
- Try replacing sugar-sweetened beverages with carbonated or water with lemon or berries for flavor.

