



10 Foods That Will Keep You Fuller, Longer

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We all have those moments when a nagging hunger takes over our appetites. And before you know it, that bag of potato chips is empty and you're still trying to savor the crumbs.

This doesn't have to happen to you.

The key to curbing hunger and preventing binging is by eating appetite-suppressing foods that won't pack on the pounds.



We asked several health experts to weigh in on the best foods that will fill you up and keep you feeling that way:

Soup

Forget those canned variations. Homemade soup featuring plenty of veggies not only make a hearty meal option, but it will also leave you feeling full. “No MSG, cream or salt-laden soups, but rather vegetable quinoa, chicken or spinach leek and white bean,” says personal trainer and exercise physiologist Franci Cohen. “Soup has a high water content, which will fill you up and curb your appetite.” Cohen recommends making soup at home, so you can add fresh, healthier ingredients.

Fruits in general always make a great yummy snack, but raspberries are the ones you want to have in your fridge. A cup of raspberries has eight grams of fiber, in comparison to blueberries or strawberries, which can have up to four. Fiber is the key ingredient to preventing hunger. “Raspberries are very high in fiber and very low in calories,” says Cohen. “Raspberries are also high in antioxidants and vitamin c.”