

6 Foods That Keep You Feeling Full Longer

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Eating foods that help you feel fuller, longer can help with weight maintenance since you won't be tempted to sneak to the vending machine or be starving by your next meal. We have the scoop on some of the foods that do a great job of keeping you full.

We asked **nutritionist and certified personal trainer Franci Cohen** for her picks on what to eat to keep you feeling full.

Eggs

Not only are they versatile, easy to cook and packed with protein, eggs also help keep you full. Cohen explains that recent studies have shown that after eating eggs people had lower levels of ghrelin, an appetite-stimulating hormone, and higher levels of a hormone that curtails hunger by sending signals to the brain saying the stomach is full.

Enjoy them: Try them scrambled and wrapped in a tortilla for breakfast, poached on sautéed kale, or boiled and chopped into a salad.

Beans and legumes

A single serving of beans, lentils, or chickpeas contain what Cohen refers to as “the feel-full trifecta of lean protein, complex carbs and healthy fats.” This combination promotes stable blood sugar, which she explains is the key to feeling full and satiated longer.

Enjoy them: Make a quick and filling salad by mixing drained and rinsed chickpeas with lemon juice, salt and pepper to taste, diced red onion, shredded carrot, steamed broccoli florets and chopped cucumber. Add a sprinkling of feta cheese for added flavour.

Greek yogurt

Greek yogurt may be creamy and delicious, but did you know that it also has nearly double the protein content of regular yogurts? This is beneficial when it comes to feeling full. “The higher the protein content in foods, the more likely you are to be full afterwards,” affirms Cohen. “So opting for a yogurt with double the protein is a great option to not only receive bone-building calcium, but to guarantee that you won't be hungry afterwards.”

Enjoy it: Top Greek yogurt with blueberries, raspberries and toasted pumpkin seeds for a fibre-rich and nutrient-packed breakfast or lunch.

Soups

The high water content in soups means they easily promote a feeling of fullness. Studies have also found that sipping hot liquids can curb hunger, adds Cohen. But not just any soup—we're talking about the healthy, homemade kind, rather than anything pre-packaged. “Make some veggie-based soups to get your daily fix of vitamins, minerals, and water, while keeping your hunger pangs in check.”

Enjoy it: Find a low-sodium vegetable broth (or make your own) and toss in your favourite vegetables, legumes and grains. Simmer with a bay leaf and season to taste for an ultra-quick lunch.

Almonds

Aside from the heart-healthy fats, almonds contain a large amount of fibre. “As such, they work great to suppress hunger and keep you full and satisfied longer,” says Cohen. If you're worried about the fat content, don't be. She explains that studies have found that for some reason, our bodies do not fully absorb the fat from almonds, meaning that they make an ideal healthy snack and appetite suppressant.

Enjoy them: Snack on raw almonds as is, or chop and toss them into salads and baked goods.

Oatmeal

Start your morning off on a satisfying and healthy note by opting for oatmeal. “Not just high in fibre, oatmeal has a specific soluble oat fibre called beta-glucan, which is a more satiating fibre,” Cohen says. Researchers attribute this increase in feeling full after you eat it to the viscosity of the oatmeal.

Enjoy it: Oatmeal topped with fresh fruit and cinnamon makes a hearty and healthy breakfast.