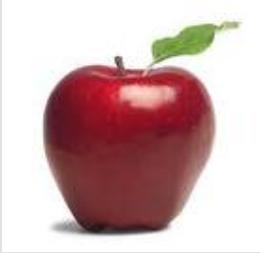


## 6. Apples

With only 80 calories, one apple can be as filling as a meal because of the 4 grams of fiber and high water content.



## 7. Beans and Lentils

Eat some beans and lentils and you may end up eating less of everything else. Since they are high in protein and high in complex carbohydrates, they take longer to break down.



## 8. Nuts

Nuts have the perfect combination of fiber, protein, and fat. Stick to an ounce for a serving to avoid calorie overload.



# NOT FUEL:

## 1. Cookies, Crackers, and Croissants

Steer clear of the three C's— these processed, sugary carbs tend to cause hunger to rebound. Pick whole-grain snacks instead.

## 2. Alcohol

Late-night munchies after a couple rounds of drinks? Experts say that alcohol can spike your appetite.

## 3. Cereal

Many cereals are high in hunger-producing sugar and little else. Look for protein and fiber in cereals like Kashi GoLean when browsing in the cereal aisle.

## 4. "Diet" Foods

Some frozen dinners actually have too few calories and not enough filling fruits and vegetables.

### University of Dayton Dining Services

By: Amy Bassi 09/2011  
Updated by Emily Gerlach: 2014

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# 8 Foods That Keep You Fueled!



# (And 4 That Don't)

*Have you ever walked away from the table moments after eating only to feel starved again? As you have probably noticed, certain edibles can leave you more famished than you were before you ate them! If you want to stay satisfied and fueled for the day—a key to weight control—remember this magic trio:*

***Protein, Healthy fats, and Fiber.***

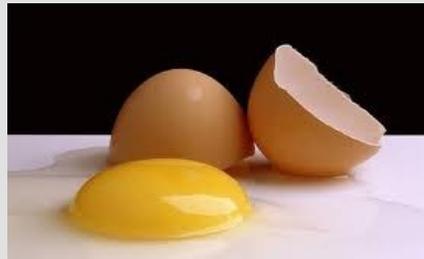


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# FUEL:

## 1. Eggs

For just 70 calories, an egg delivers more than 6 grams of protein. One study found that women who ate eggs for breakfast lost more weight than those who had bagels with the same number of calories.



## 2. Soup

Studies show that foods containing a lot of water can keep you feeling full. When you start a meal with soup, you activate brain signals that begin to tell you that you've had enough to eat—so by the time you finish your second course you'll be satisfied.



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## 3. Avocados

Their healthy monounsaturated fats help slow the rate at which your stomach empties. They're also loaded with folate, potassium, and vitamin E.

## 4. Low-Fat Greek Yogurt

Seventeen grams of protein in a 6oz container (more than 4 slices of turkey!) means major hunger control.

## 5. Oatmeal

Oatmeal's filling fiber, which helps it stick to your ribs, provides 4 to 7 grams of protein. For extra staying power, add some blueberries, which is also power-packed with fiber.



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