



Feel Full Foods

Discover A Wonderful Range of Fruit &
Vegetables You Can Eat To Feel Full
(*Not Starving!*)

We are familiar with the fact that fiber is valuable in our diet. And there are several reasons for that.

- 1) Fiber traps the toxins and flushes them out of our system
- 2) Fiber keeps us regular
- 3) Fiber helps to keep our blood sugar levels stable
- 4) Fiber also helps us have that satisfied feeling after we've eaten... and that's what we're exploring in this report.

But what is "fiber"? It's a type of carbohydrate that is found in plant-based foods.

There are the two types of fiber... soluble and insoluble. They both help with appetite control.

Soluble fiber dissolves in water and as it does, it swells – which helps to give that lovely feeling of fullness we're looking for. That same process (of swelling up in a wet environment) also causes the food to pass through your "pipes" more slowly, thus slowing your digestion... which is a good thing that helps with appetite control.

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During the digestion process, it turns into a gel in your gastrointestinal system. This gel helps you digest your food and extract the maximum nutrition from it. It also attaches to particles of cholesterol and transports them out of your body. That reduces your risk of heart disease.

But what about **insoluble** fiber? *The American Journal of Clinical Nutrition* says "Insoluble cereal fiber reduces appetite and short-term food intake." This was the conclusion of tests involving 31 healthy young men (aged 20-35), conducted by the Department of Nutritional Sciences at the University of Toronto. Source: academic.oup.com/ajcn/article/86/4/972/4649359

Not only that, but insoluble fiber also helps cut the level of glucose and cholesterol in your blood.

So now, let's get into the good stuff...

What Can You Eat To Control Your Appetite And Feel Comfortably Full?

APPLES

With their high fiber content and high water content, apples are popular high-fiber foods. As well as their high water content (think: *juicy apples*), these wonderful fruits contain pectin which reduces the spikes in your blood sugar levels.



When we eat foods that contain sugar, our blood glucose level rises. And what goes up will go down again as soon as your body has dealt with the sugar. **It's the fall in your blood sugar level that triggers**

those wretched hungry feelings. So any time we can tame the blood sugar spikes, that's good. So we're on the lookout for any food that helps to keep the sugar levels in your blood stable. Apples will help do that.

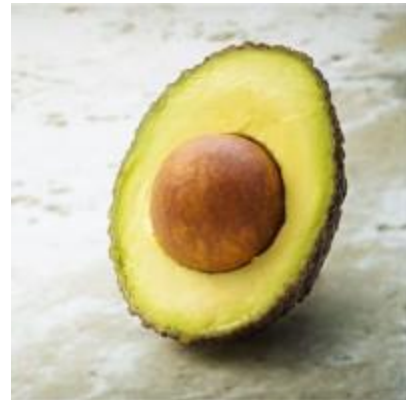
ALMONDS

All nuts contain healthy fats which are good for your heart. But of all nuts, almonds contain the most fiber per serving, which keeps you feeling fuller longer than other nuts.

AVOCADOS

For the amount of fiber per serve, avocados beat apples hands down. Compare avocado's 16 grams of fiber with an equivalent-sized serve of apple, which has only 3 grams of dietary fiber. On top of that, apples have 13 grams of sugar compared to avocado's 1 gram.

But before we all remove apples from our shopping lists, let's think about calories. Apples 65. Avocados 384. These figures come from SparkPeople.com where you can do a nutritional comparison check between various foods. In your search engine, type: apple versus avocado sparkpeople.com



When you eat an avocado, you're getting a tasty package of insoluble fiber and healthy fats, not to mention its heart-healthy monounsaturated fat. That fat sends a message to your brain saying your stomach is full.

By the way, did you know that avocados are technically classified as fruit? Yep, it's true.

BEANS & OTHER LEGUMES

Beans contain both soluble and insoluble fiber, which makes them doubly attractive for appetite control. They are also a heart-healthy food. Beans are part of the legumes family, and they are all real winners in the high-fiber stakes. High protein too! Peas, lentils and beans of all kinds score high among the fiber-containing vegetables.

Lentils are an easily-digested source of protein. Also they are high in magnesium and iron, as well as fiber, and that makes them ideal for controlling blood sugar and satiety. Lentils are quick to cook. You don't need to soak them to remove the phytic acid from their shells. It's worth knowing that red lentils are easier to digest than either the black or brown types, and they also cook more quickly. Plus they have a sweeter, nuttier flavor. Sounds like a solid win for red lentils, eh?

BERRIES

Berries are high in dietary fiber which means your system takes its time to digest them, leaving you with a full feeling for longer. And they are so versatile. Eaten on their own or mixed in with a salad, every mouthful is doing you good. Keep them in a bowl in the refrigerator or out on the countertop, instead of a barrel of cookies or biscuits.

Berries do a lot of good work:

- 1) They help to remove toxins from your body
- 2) They lower your blood sugar level
- 3) Berries are high in antioxidants that fight dangerous free radicals in your body
- 4) They improve your immune health by boosting your immune system
- 5) If you've got a sweet tooth, berries will help satisfy it (instead of sugar and refined foods)
- 6) They help regulate the functioning of your nervous system.



Better still, berries contribute very few calories. Here's a list of berries which are brilliant for weight loss:

Acai, blackberries, cranberries, camu camu, goji berries, lingonberries (golden berries), maqui, mulberries, raspberries. It's the high amounts of antioxidants, fiber, and vitamin C that makes them the metabolism-boosting and detox stars they are.



COCONUT

The increasingly-popular coconut delivers 4-6 times as much fiber as oat bran. It's also good for your cholesterol levels.

Coconut flour is one way to get coconut into your cooking. Try replacing a little of your regular flour with coconut flour.

EGGS

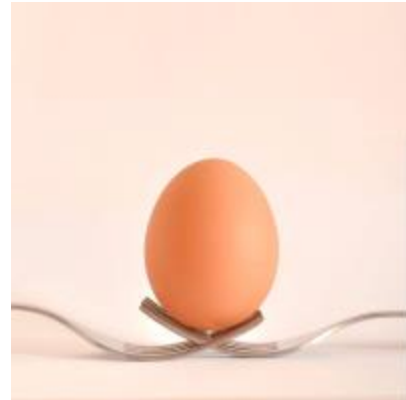
One of the clever thing about poultry eggs is that they reduce the amount of ghrelin in your body. In case you're not familiar with ghrelin, it's an appetite-stimulating hormone. It says "eat!" which is not what you want when you're trying to tame your appetite.

In other words, eggs reduce the urge to eat.

But eggs also do something to your PPY. They raise it. And that's good because PPY (or to give its full name, pancreatic peptide YY) is a hormone that helps your stomach feel full.

Eggs are packed with protein, which is why they help control appetite for up to 36 hours. That figure is from a study published in *The Journal of the American College of Nutrition*.

So eggs deliver a double whammy: they reduce your appetite and give you feelings of fullness. Go eggs!



FIGS

They're high in both types of fiber (soluble and insoluble), whether you take your figs fresh or dried. Comparing to fresh figs, the dried versions have more fiber (5.6% by weight, compared to 2.2%).

But that's not all. Figs are also valuable sources of important minerals such as potassium, calcium, magnesium, iron and even copper. They even contain prebiotics which improve your digestive processes by supporting the good bacteria in your gut. The high level of oxalates in

figs delivers a laxative effect, so you might not want to overdo it on the figs. Unless that's one result you want.



FLAXSEED

Researchers at the University of Copenhagen's Department of Human Nutrition have confirmed that "a small dose of flaxseed fiber significantly suppresses appetite and energy intake. Furthermore, flaxseed fibers administered as drinks or tablets produce similar responses." Source: ncbi.nlm.nih.gov/pubmed/22245724

You'll want to buy ground flax seed to get the fiber benefits that flax offers.

Talking of seeds, chia is another rich fiber source with more fiber than either avocados or apples with their skin on.

GREEK YOGURT

One of the main factors in feeling satisfied is protein and, interestingly, most protein-rich foods contain fat. That fat helps to keep you feeling full for longer. And guess what? Greek yogurt is packed with protein. It's got twice as much protein as regular yogurt. The Greek version is also low in sugar and rich in calcium. And, by the way, "Greek style" yogurt is not the same as Greek yogurt.

OATMEAL

Oatmeal is a rich source of soluble fiber. It's also recommended as a great heart-healthy food. That's because it will attach itself to cholesterol and carry it out of your body, thus reducing your heart disease risk.

It also helps you feel full without adding much to your calorie count. It works to reduce your appetite because oats contain beta-glucan which is a fiber compound that helps your body release a hunger-suppressing hormone called CCK.

PUMPKIN SEEDS

The humble pumpkin has been called a nutritional powerhouse. It's loaded with vitamins, minerals and other healthy goodness while also being low in calories.

Pumpkin seeds are a good source of fiber, as well as minerals, protein and healthy fats. You can eat them as seeds or sprinkle them in with your salads, soups and vegetables. Or blend these super seeds into your smoothies.



RASPBERRIES

It might come as a surprise, but raspberries have twice the fiber content per serve that apples do. The scoreboard says: Apples 3 grams, raspberries 8 grams. And raspberries score better on sugar too: 5 grams compared to apple's 13 grams.



RYE

Compared to wheat, they've found that whole rye foods boost your post-meal fullness. They trigger a lower insulin response. And if you feel full, you'll eat less at the next meal.

SOUPS

Soups? Yes, they did a study at Penn State University and found that eating a low-calorie soup at the start of a meal led the participants to eat a lower total of calories for the whole meal. ScienceDaily.com published the results in a piece called "Eating Soup Will Help Cut Calories At Meals."

Mind you, this calorie-saving trick won't work if the soup is creamy (think: additional calories!).



VEGETABLES

In the veggies department, artichokes and green peas are the standout winners in terms of fiber content. But broccoli, turnip greens and Brussels sprouts (boiled in each case) are valuable too.



VINEGAR

Surprisingly, vinegar is able to suppress your appetite and enhance the feelings of satiety. It does this by reducing the insulin response after you eat, and also reducing the accompanying boost in blood sugar levels. Studies confirming this have appeared in both *The European Journal of Clinical Nutrition* and *The American Journal of Clinical Nutrition*.

WALNUTS

What a fascinating idea. Eat walnuts and feel full. But is it true?



Yes, according to a study conducted in Israel and reported in the journal *Diabetes, Obesity and Metabolism*. They used functional magnetic resonance imaging (fMRI) and watched what happened to brain activity as people ate walnuts. There was a tight connection between what the participants reported and the activity observed in their brains.

So it's official. Eating fiber-rich walnuts makes you feel fuller. Happily they are also low carb.

WATER

Okay, water isn't a food, but it makes sense. If you drink a glass or two of water before your meal, you'll eat less. Water in your stomach will make it register fullness, and then your stomach will send that message to your brain.



Why All This Matters

Why would you bother with real foods when you can get pills and powders and drinks and commercially-prepared "foods" that promise you the health benefits we've talked about here, with the added benefit of pre-packaged convenience?

Sure, the ads are alluring. But... **real foods deliver the benefits we all need without the damaging side effects.** Real food won't hurt your liver, kidney, heart, blood vessels, or your metabolism. Real food, grown in healthy soil, is good for your body. Avoiding synthetic vitamins and minerals and the like is good for your body.

The Final Advice Is Simple

Focus on two things.

- 1) Focus on eating a **balanced, nutrient-rich diet** and that's where fresh fruit and vegetables are so appealing. Your balanced diet means you'll be getting the key vitamins and minerals in the ideal form. Foods that are high in fiber and/or protein have extremely high satiety scores. That's a fancy way of saying they make you feel fuller longer.
- 2) Focus also on **staying active**. And keeping active means you're using your body, which in itself is a proven appetite reduction strategy.

