

5 ways to feel fuller, longer

Want to feel full without overeating?

Certain nutrients and foods may help curb your appetite and make you feel fuller longer, according to the Institute of Food Technologists.

1. Protein

Add protein (such as low-fat cheese) to breakfast. And a high-protein afternoon snack containing soy can lead to appetite control and less evening snacking.



2. Whole grains and fiber

Oats increased appetite-control hormones up to 4 hours after a meal, but rice-based foods did not.



3. Eggs

Eggs are one of the densest proteins in the non-meat category. Eating one egg with breakfast will help to reduce hunger between meal times.



4. Almonds

The healthy fats in almonds decrease hunger and improve dietary vitamin E intake. People who ate 1.5 oz. of dry-roasted, lightly salted almonds every day helped curb their hunger without increasing body weight.

5. Pulses

Part of the legume family, pulses include dried peas, edible beans, lentils, and chickpeas.

They are high in protein and low in fat, and are proven to contribute to a feeling of fullness.

