

Total Nutrition

Foods That Satisfy Your Hunger TM

by *Mindy Hermann, R.D.*

(NAPSA)—Which fills you up more—a two-ounce candy bar or a sandwich made with two ounces of turkey breast with lettuce, tomato and mustard on whole wheat bread, plus fruit salad? Or, a chocolate-glazed doughnut or a serving of Whole Grain Total with skim milk and a small banana? In each example, the first choice is less filling and slightly higher in calories.



Mindy Hermann

How can you tell which foods are the most filling? Foods that are high in water and relatively lower in calories—fruits, vegetables, broth-based soups, skim and low-fat milk—tend to be more satiating, according to research by Dr. Barbara Rolls and her colleagues at Penn State University. In fact, people who eat foods such as a green salad with lower-fat dressing or broth-based soup, especially at the beginning of a meal, tend to eat fewer calories at that meal.

Penn State researchers also suggest adding water-rich foods to a favorite dish, such as folding broccoli into macaroni and cheese or spinach into lasagna. They found that pumping up a dish by adding vegetables effectively lowers calories while making the dish more filling.

Foods that supply fiber also tend to be filling. A group of researchers in Australia compared the effects of four different breakfasts: two high-fat, one high-carbohydrate and low-fiber, and one high-carbohydrate and high-fiber. Those who ate the high-carbohydrate, high-fiber breakfast were the most full, and they ate less food during the rest of the morning and at lunch.

Try these strategies to help you manage your hunger level:

- Start the day with a whole grain cereal with skim milk and fruit.
- Enjoy a green salad before lunch or dinner every day.
- Switch to whole grain bread.
- Eat a piece of fruit for a snack.
- Serve tasty vegetable side dishes, such as Crunchy Lemon-Pepper Vegetables.

Crunchy Lemon-Pepper Vegetables

- 1½ cups Whole Grain Total cereal**
- 1 bag (1 lb.) frozen cauliflower nuggets, carrots and pea pods**
- 1 tablespoon butter or margarine, melted**
- ½ teaspoon lemon-pepper seasoning**

1. Coarsely crush cereal to measure ½ cup; set aside. Cook frozen vegetables as directed on bag; drain well.

2. Just before serving, in small bowl, mix crushed cereal, butter and lemon-pepper seasoning. Sprinkle over vegetables; stir to coat.

4 servings

1 Serving: Calories 110 (Calories from Fat 30); Total Fat 3g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 10mg; Sodium 190mg; Potassium 40mg; Total Carbohydrate 18g (Dietary Fiber 4g); Protein 2g.

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