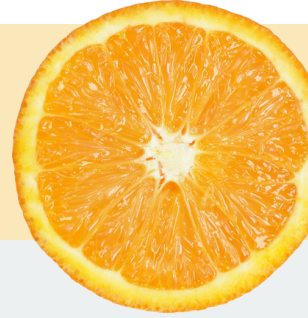


Tips for Staying Full for Longer

Do you feel like you get hungry too soon after meals? Do you want to feel energized throughout the day? Try these tips for staying full for longer while eating plenty of delicious healthy foods throughout the day.

Choose Solids Over liquids

Solid foods take longer for your body to digest than drinks. For example, eat an orange instead of drinking orange juice, and you will feel full for longer.



Start Your Meal with Veggies

Start a meal with a vegetable soup or salad to help fit in the veggies your body needs throughout the day. This can also help you stick to healthy portions of other foods during the rest of the meal.

Space Your Meals and Snacks Throughout the Day

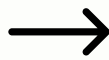
Eating 3 meals and 2 snacks spaced evenly during the day can help prevent overeating, which can make you feel sluggish. If you are usually hungry at certain times every day, plan to eat around these times. See **how to build a healthy filling snack** below to help keep your energy up.



Choose Foods High in Protein and/or Fiber

These foods will help you feel full for longer periods of time. Examples of these foods are beans, nuts, seeds, lean meats, fish, low-fat cheese, fruits, vegetables, and whole grains such as whole grain crackers and brown rice.

Build a Healthy Filling Snack!



Choose foods from **2 or more food groups** to build a healthy snack that will keep you **full for longer!**

Fruits

Grapes
Oranges
Apples
Papaya
Raisins/dried fruit
Mango
Bananas
Pears

Grains

Homemade breads*
Crackers/toast
Tortilla
Flat bread
Granola*
Popcorn
Noodles

Vegetables

Jicama
Carrots
Sliced Peppers
Grape tomatoes
Yuca/cassava
Cucumber
Broccoli
Plantains

Protein

Peanuts or nuts
Pepitas/seeds
Eggs
Hummus*
Tuna
Beans/Tofu
Lean Meat
Chicken

Low-fat Dairy

Hard cheese
Yogurt
Milk
Kefir
Cottage Cheese
Ricotta
Labneh (soft cheese)

*For recipes visit: web.uri.edu/community-nutrition/recipes/