

The Satiety Index

No Need To Be Hungry When Losing Weight

How long can you stand being hungry before you start eating again? Only you know.

The *satiety index* can help you choose slimming food that is filling instead of fattening food that is filling, but to a bad result.

There is no need to go hungry just to lose weight and feeding your hunger in a smart way will keep you on target with your diet.

Knowing about the satiety index can help you stay on track.

If you have ever tried to get rid of excess weight by eating less, you know that ultimately there is no way of winning a battle with your hunger.

The quest is to find slimming foods with the best ability to satisfy your hunger for as long as possible.

Here is where the Satiety Index comes in.

What is the Satiety Index?

It's an excellent tool when choosing the right foods for your weight loss food program. It tells you how you can minimize your hunger pangs, making it easier to follow your weight loss intentions.

The Satiety Index-tool ranks different foods on their ability to satisfy hunger.

The index of white bread was set at 100. Foods scoring higher than 100 are more filling than white bread and those under 100 are less filling.

The index only takes into consideration for how long a certain food will keep you full, it doesn't say anything about nutritional value or calorie content.

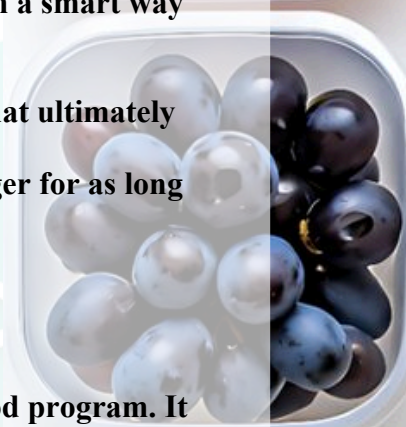
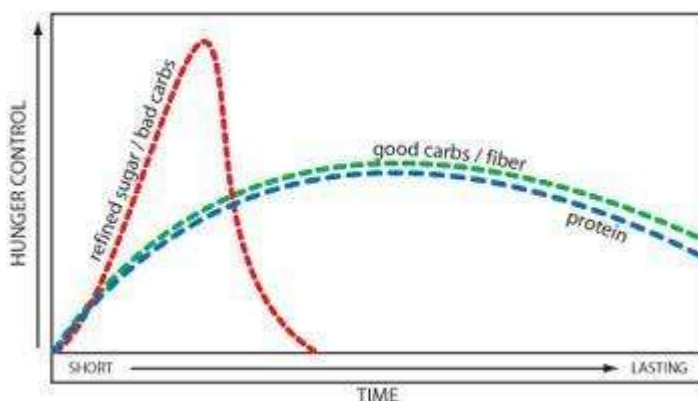
Best "non-hunger" foods

Protein is the nutritive substance that satisfies hunger best based on its energy content and ability to make you feel full over the longest period of time. Carbohydrates are also good if you exclude plain sugar and well known fast carbs (white bread, etc.). Fatty foods are surprisingly not filling, even though people expected them to be. Good news for dieters.

Foods rich in fiber also rank high and contain few calories.

Generally speaking, foods that rank high and satisfy your hunger for a longer period of time are foods with high protein, -water- and/or fiber content.

These foods will help make you feel full, literally by filling your stomach, and with a full stomach you can more easily avoid nibbling.



The Satiety Index List

All of the following foods are compared to white bread, ranked as "100".

Bakery Products

Croissant 47%
 Cake 65% Doughnuts 68%
 Cookies 120%
 Crackers 127%

Snacks and Confectionary

Mars candy bar 70%
 Peanuts 84%
 Yogurt 88%
 Crisps 91%
 Ice cream 96%
 Jellybeans 118%
 Popcorn 154%
 All-Bran 151%
 Porridge/Oatmeal 209%

Breakfast Cereals with Milk

Muesli 100%
 Sustain 112%
 Special K 116%
 Cornflakes 118%
 Honeysmacks 132%

Carbohydrate-Rich Foods

White bread 100%
 French fries 116%
 White pasta 119%
 Brown Rice 132%
 White rice 138%
 Grain bread 154%
 Whole meal bread 157%
 Brown pasta 188%
 Potatoes, boiled 323%

Protein-Rich Foods

Lentils 133%
 Cheese 146%
 Eggs 150%
 Baked beans 168% Beef 176%
 Ling fish 225%

Fruits

Bananas 118% Apples 197%
 Grapes 162% Oranges 202%

The list with the most filling food

Potatoes, boiled 323%
 Ling fish 225%
 Porridge/Oatmeal 209%
 Oranges 202%
 Apples 197%
 Brown pasta 188%
 Beef 176%
 Baked beans 168%
 Grapes 162%
 Whole meal bread 157%
 Grain bread 154%
 Popcorn 154%
 Eggs 150%
 Cheese 146%
 White rice 138%
 Lentils 133%
 Brown Rice 132%
 Honeysmacks 132%
 All-Bran 151%
 Crackers 127%
 Cookies 120%
 White pasta 119%
 Bananas 118%
 Jellybeans 118%
 Cornflakes 118%
 Special K 116%
 French fries 116%
 Sustain 112%
 White bread 100%
 Muesli 100%
 Ice cream 96%
 Crisps 91%
 Yogurt 88%
 Peanuts 84%
 Mars candy bar 70%
 Doughnuts 68%
 Cake 65%
 Croissant 47%



How To Use The Satiety Index

- As with any index that measures just one thing, the satiety index has to be put into a context, it can't be used on its own.
- Let's look at some examples: Plain boiled potatoes showed to be the most satisfying food tested according to energy content, three times more satisfying than white bread.
- A lot of people, having learned about the Glycemic Index, avoid potatoes during a diet as it doesn't have a low glycemic index but a medium one.
- From a nutritional point of view plain boiled potatoes are an excellent choice of diet food, full of vitamins and fibers.
- Potatoes don't make you gain weight, as long as you don't eat them with butter, sour cream, cheese etc.
- So maybe it's time to reevaluate the potato because of its brilliant ability to satisfy hunger? As your stomach shrinks you can remove it from your diet if you want to.
- Pop corn ranks high and it also contains a greater amount of bulk for each calorie.
- You can eat a lot of pop corn without consuming a lot of calories (assuming you're eating them without oil or butter!) when you want to snack, like in front of the television or while reading a book.
- The best thing, of course, is to not snack at all but if you feel you just have to have something, the value of pop corn as a weight loss food should not be underestimated, it is so much better than potato chips.

Conclusions

So, a good diet for weight loss should, from the satiety point of view, contain at least some slowly-digested carbs and protein.

Together with what you already know of calorie content it's easy to choose the right food.

Good choices are lean meat and chicken without the skin, food rich in fiber, like beans and lentils and whole meal bread.

Also preferable are foods rich in water. Vegetables are especially great for weight loss; they contain lots of nutritional value, few calories and they are filling.

As you see, the Satiety Index is one of many tools you can use together with your knowledge of nutrition to make your weight loss easier.

-Dt.Indumathi, RD

