



Six secrets to feeling full and eating less

It's no secret that what and how much you eat can impact your weight, but have you ever wondered how to eat less without feeling deprived? It's not just about calories—it's about making smart food choices that fill you up without packing on extra pounds.

1. Low calorie density, high satisfaction

The key to feeling full is choosing foods with low calorie density, meaning they're lower in calories but high in volume. Foods packed with water and fiber like vegetables, fruits, and whole grains take up more space in your stomach, leaving you satisfied with fewer calories. Heavier, calorie-dense foods—think oils, sugary treats, and processed snacks—are easy to overeat and don't leave you feeling as full. The trick? Balance high-calorie foods with more filling, low-calorie options.

Put into action

- Swap out half your pasta for vegetables like zucchini noodles or spaghetti squash.
- Add fresh fruit to your breakfast or snack routine to fill up on fiber.
- Sauté veggies in broth instead of oil to cut back on calories without sacrificing flavor.

2. Think before you drink

Beverages are often packed with hidden calories, and they don't fill you up. A single sugary coffee, soda, or alcoholic drink can add hundreds of extra calories to your day. Cutting back on these drinks can make a huge difference without changing what's on your plate.

Put into action

- Replace sugary drinks with sparkling water, herbal teas, or plain water with a splash of lemon.
- Limit alcohol, especially before bed—it can disrupt sleep and add unnecessary calories. If you indulge, alternate each sip of wine, booze, or beer with water.

3. Unlimited veggies

You don't need to worry about counting calories when it comes to non-starchy vegetables. Fill your plate with broccoli, spinach, and other leafy greens—they're so low in calories, they're nearly impossible to overeat!

Put into action

- Make a veggie-packed salad part of your daily routine.
- Double the portion of vegetables in your meals while cutting back slightly on starchy sides.
- Keep washed, cut-up vegetables on hand for easy snacking.

4. Fruit is our friend, not foe

Worried about the sugar in fruit? Don't be. Whole fruits are naturally packed with water and fiber, making them much more filling than sugary snacks. Three apples will fill you up far more than a small scoop of ice cream, for the same number of calories and a lot more nutrition!

Put into action

- Keep seasonal fruits in reach for snacks throughout the day.
- Add fresh fruit as a side dish to your meals—whether it's sliced apples with lunch or berries with breakfast.

5. Nuts: A little goes a long way

Nuts may be high in calories, but they're also incredibly satisfying. Studies show that they can curb hunger and help control your portions throughout the day, especially when eaten raw and unsalted.

Put into action

- Eat a small handful of nuts (about 1 ounce) when you need a filling snack between meals.
- Add nuts to hot cereal, salads, or stir-fries for a satisfying crunch that helps keep you full.

6. Whole grains over refined

When it comes to grains, intact whole grains are your best bet. They're digested more slowly, helping you feel fuller for longer compared to their processed counterparts like white bread or pasta.

Put into action

- Choose steel-cut oats over instant oatmeal, and add whole grains like quinoa or farro to your salads.
- Swap out processed flour-based foods with less-processed whole grains like bulgur or barley.

By focusing on these strategies, you'll not only eat less, but also improve the quality of your diet. Feeling satisfied and eating smart go hand in hand!

Veggie-Loaded Lentil Soup



This recipe is packed with fiber-rich vegetables and protein-packed lentils, making it filling and nutritious while keeping calories low.

Ingredients:

- 1 tablespoon olive oil (if you're on a no-oil plan, use veggie broth or water)
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 cup dried brown or green lentils, rinsed
- 1 can (14 oz) diced tomatoes
- 4 cups (1 quart) low-sodium vegetable broth
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 2 cups roughly chopped spinach or kale leaves (stalks removed)
- Salt and pepper to taste

Instructions:

In a large pot, heat olive oil or cooking liquid over medium heat. Add onion, carrots, and celery, sautéing for 5-7 minutes until softened. Add garlic and stir for another minute. Stir in cumin and smoked paprika, cooking for another minute until fragrant.

Add lentils, diced tomatoes, and vegetable broth. Bring to a boil, then reduce heat and let simmer for 20-25 minutes until lentils are tender.

Stir in greens and cook until wilted, about 2 minutes.

Season with salt and pepper to taste and serve warm.