

Mayo Clinic Minute

Which foods are best for keeping you full?

| Video | Audio |
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| | Satiety: a fancy word for a pretty simple and important concept. |
| 00:03:26 | “Satiety is basically how full a food makes us feel and for how long.” |
| | Your body processes different foods in different ways. |
| | More specifically, your body processes different foods at different speeds. |
| 00:03:30 Donald Hensrud, M.D. Mayo Clinic Healthy Living Program Mayo Clinic | “Proteins and fats are processed slower than carbs. Foods that are processed slower, like proteins and fats, can give us more satiety.” |
| | Dr. Donald Hensrud, who heads up the Mayo Clinic Healthy Living Program, says when you fill up on foods that provide greater satiety, you’re less likely to overindulge on less-healthy foods that may cause you to gain weight or provide less nutrition. |
| 00:03:33 | “That’s why, when we’re hungry, a little bit of nuts with protein and fat can go a long way.” |
| | Other high-protein and high-fat foods that provide satiety include lean meats like chicken, fatty fish, eggs, yogurt, broccoli, olive oil, avocados and dark chocolate if you need something sweet. |
| | So when you’re planning for snacks and meals, think about satiety and what’s going to make you feel full longer. |
| | For the Mayo Clinic News Network, I’m Ian Roth. |