

Mayo Clinic Minute

Which snacks can trick your body into being satisfied on fewer calories

Video	Audio
	The afternoon lull ... when lunch feels like forever ago and dinner is still hours away.
00:04:30 KATHERINE ZERATSKY 04:	"I think when it comes to snacking, I think one of the key things there is to truly first ask, am I hungry or am I doing it out of routine or boredom, or some other reason?"
	Mayo Clinic dietitian Katherine Zeratsky says if it really is hunger, some snacks are better than others.
00:08:50 KATHERINE ZERATSKY 04:	"Our stomachs seem to be responsive to volume and weight."
	Some of the best snacks are the ones that physically fill your stomach but have minimal calories.
00:09:30 KATHERINE ZERATSKY DIETITIAN Mayo Clinic	"Fruits and vegetables are 80 to 90 percent water. They're bulky because they're fibrous. And, so, they're heavy and they take up space."
	They trick your brain into thinking you've eaten more than you have.
	But you can also trick your brain into making that feeling last longer by mixing in some protein and fat that takes longer to digest.
	Think peanut butter on fruit or hummus or guacamole on vegetables.
SULL0005 00:00:15 KATHERINE ZERATSKY 05:	"That's going to digest slower, maintaining that feeling of satiety or that fullness between meals."
	For the Mayo Clinic News Network, I'm Ian Roth.