

NUTRITION GUIDE

The Satiety Index.

Which foods keep you full the longest, and why some calories fill you up far more than others.

The **Satiety Index of Foods** (also called the **Satiating Index**) is a research tool that measures how filling different foods are relative to the calories consumed. It comes from Holt et al. (1995), a study at the University of Sydney in which participants ate equal calorie portions of 38 common foods and rated their fullness over the two hours that followed. Every food is scored against white bread, which is set at 100.

Foods that scored higher kept people fuller for longer per calorie eaten.

THE SCIENCE

What makes a food filling

- I. **Water and volume.** Foods that are mostly water or air fill you up on few calories. Boiled potatoes (323), oranges (202) and air popped popcorn (154) lead the table for exactly this reason.
- II. **Protein.** The strongest macronutrient signal in the table. Fish (225), lean beef (176), eggs (150) and Greek yoghurt (146) all sit well above the baseline.
- III. **Fibre and slow digestion.** Soluble fibre and intact grains digest slowly and stretch fullness out: oatmeal porridge (209), wholemeal pasta (188), beans and lentils (133).
- IV. **Calorie density works against you.** Fat, sugar and refined flour pack calories into a small volume. Croissants (47), sponge cake (65) and doughnuts (68) score lowest of all.

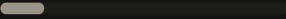
THE RANKINGS

Every food, scored against white bread

All scores are relative to white bread at 100. Higher means fuller for longer per calorie.

150+ · HIGH SATIETY			101 TO 149 · MODERATE			100 AND BELOW · BASELINE OR LOWER		
FOOD	SATIETY SCORE			NOTES				
Boiled potatoes	323				The most filling food tested. High water and resistant starch			
Fish (cod, salmon)	225				High protein and omega 3, very satiating			

FOOD	SATIETY SCORE		NOTES
Oatmeal porridge	209		High in soluble fibre, slow digestion
Oranges	202		High water and fibre, low calorie density
Apples	197		Whole fruit is more filling than juice
Pasta (wholemeal)	188		Higher fibre and slower digestion than white pasta
Beef (lean)	176		High protein and nutrient dense
Wholemeal bread	157		More filling than white bread, still moderate
Popcorn (air popped)	154		High volume per calorie, good fibre
Eggs	150		High protein, especially filling at breakfast
Greek yoghurt (0%)	146		Thick and high protein, supports satiety and gut health
White rice	138		Less filling than brown rice or potatoes
Beans and lentils	133		Protein and fibre combination, very filling
Brown rice	132		More fibre than white rice, steadier energy release
Cheese	120		Protein and fat, modest satiety
Grapes	120		High water content, moderate satiety
Bananas	118		Fibre and resistant starch, moderate satiety
White bread	100		The baseline all other foods are scored against
Crisps	91		High fat and salt, low satiety per calorie
Peanuts and mixed nuts	84		Protein and fibre, but very calorie dense
Milk chocolate bar	70		High sugar and fat, low satiety
Doughnuts	68		Refined flour, sugar and fat, very low satiety
Cake (sponge)	65		High sugar and fat, poor satiety

FOOD	SATIETY SCORE	NOTES
Croissant	47 	Extremely low satiety. High fat and refined flour

ACTION PLAN

Putting it to work

- ✓ **Make boiled potatoes a default starch.** At 323, they are over three times as filling per calorie as white bread.
- ✓ **Eat fruit whole.** Apples score 197 and oranges 202. Whole fruit is more filling than juice.
- ✓ **Choose wholemeal.** Wholemeal bread scores 157 against white bread at 100, and wholemeal pasta digests more slowly than white.
- ✓ **Anchor meals with protein.** Fish, lean beef, eggs, Greek yoghurt, and beans and lentils all sit well above the baseline.
- ✓ **Snack on volume, not density.** Air popped popcorn (154) beats crisps (91) and chocolate (70). Nuts are nutritious but calorie dense (84), so watch portions.

Scores from Holt et al. (1995), A Satiety Index of Common Foods, European Journal of Clinical Nutrition.