

The NuStart Satiety & Nutrient Food Guide

Fullness is not about willpower — protein, fat, fiber, and water & volume do the work. These are the staples that keep you satisfied and nourished at the same time.

Up Front: Build the plate around protein, fat, and fiber, then add volume — the table in this guide is there when you want to look something up.

THE BIG PICTURE

Why it matters

Feeling full and satisfied is not about willpower — it is about what is on your plate. Some foods keep you full for hours on very few calories, while others leave you hungry again soon after. The difference comes down to four things: protein, fat, fiber, and water & volume.

Foods high in these fill you up and nourish you at the same time. This guide shows you satisfying, nourishing staples to build your meals around, so eating well feels easy instead of like a battle with hunger.

WHAT WE MEAN

What we mean by “satisfying”

People often hear “satisfying” and think *full*. Fullness is part of it, but only part.

A satisfying meal does three things together. It **fills you up** — that’s protein, fat, fiber, and the volume of water-rich foods doing their work. It **nourishes you** — the vitamins, minerals, and other nutrients your body uses long after the meal is over. And you **enjoy eating it** — which depends on your own palate, and which no one else can decide for you.

That third part gets left out of most healthy-eating advice, and it may be the one that matters most. A meal can be filling and nutritious and still fail, because if you don’t look forward to it, you probably won’t eat that way for long. Enjoyment isn’t a reward for eating well — it’s part of what makes eating well sustainable.

So when this guide calls a food satisfying, it means all three: it holds you, it feeds you, and it’s worth eating.

WHAT TO KNOW

The four things that keep you full

1

Protein

Protein is among the most filling nutrients — it tells your brain you have eaten. Aim to include some at most meals.

2

Fat

Fat slows digestion, so meals stay with you longer — and it helps your body absorb key vitamins. Choose unsaturated fats like olive oil, nuts, avocado, and fish. It is the most calorie-dense of the four, so a little goes a long way.

3

Fiber

Fiber slows digestion and adds bulk, so meals stay with you. It comes from vegetables, fruit, beans, and whole grains.

4

Water & volume

Foods with high water content (vegetables, fruit, broth-based soups) fill your stomach for very few calories.

BUILD YOUR MEALS AROUND THESE

Go-to staples to build meals around

These are common, affordable choices you can find at most Indiana grocery stores. The starred picks are high in both fullness and nutrition.

Protein & seafood: white fish, salmon, canned tuna, shrimp, chicken or turkey breast, eggs, cottage cheese.

Beans & legumes: lentils, black beans, chickpeas, kidney or pinto beans, edamame, tofu.

Whole grains & starches: potatoes with the skin, sweet potato, oatmeal, quinoa, whole-grain pasta and bread, popcorn.

Vegetables: leafy greens, broccoli, cauliflower, peppers, carrots, tomatoes — high volume, very filling, very nourishing.

Fruit: apples, berries, oranges, and other whole fruit for fiber and natural sweetness.

Nuts, seeds & dairy: a small handful of nuts, chia or flax, plain Greek yogurt.

How to use it: Build each plate around a protein, a high-fiber food, and some fat, then add vegetables for volume. That simple combination is what helps a meal keep you full.

BEFORE THE TABLE

The short version

Build the plate around **protein, fat, and fiber**, then add **volume**.

Protein, fat, and fiber slow digestion down, so the meal stays with you — that’s what keeps you full *longer*. Water-rich foods like vegetables, fruit, and broth-based soups fill the plate and your stomach for very few calories — that’s what fills you up *now*.

Put them together and a meal tends to hold you longer than its calorie count would suggest.

You don’t need the table for this. If a meal has a protein, something with fiber, and some fat in it, you’ve already applied most of what the table would tell you. Look things up when you’re curious or planning — not every time you eat.

LOOK ANYTHING UP

The satiety & nutrient food table

Every food in the guide, grouped by category. SI is a research satiety-index score (white bread = 100; higher = more filling).

★ = among the most filling and nourishing — start here.

Proteins & Seafood

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ White fish, cod/halibut (3 oz)	High	225	90	20	1	0	High
★ Salmon (3 oz)	High		175	19	10.5	0	High
★ Shrimp/shellfish (3 oz)	High		85	20	1	0	High
★ Canned tuna, in water (3 oz)	High		100	22	1	0	High
★ Chicken breast (3 oz)	High		140	26	3	0	High
★ Turkey breast (3 oz)	High		125	26	2	0	High

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Eggs (1 large)	High	150	72	6	5	0	High
Lean beef, sirloin (3 oz)	High	176	180	25	8	0	Medium
Pork tenderloin (3 oz)	High		120	22	3.5	0	Medium
★ Cottage cheese, low-fat (1/2 cup)	High		90	12	1	0	High

Beans, Legumes & Soy

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Lentils (1/2 cup cooked)	High	133	115	9	0.4	8	High
★ Black beans (1/2 cup)	High	168	110	7	0.5	7.5	High
★ Chickpeas (1/2 cup)	High		135	7	2	6	High
★ Kidney beans (1/2 cup)	High		110	7	0.5	6	High
★ Pinto beans (1/2 cup)	High		120	7	0.6	7	High
★ Edamame (1/2 cup shelled)	High		95	9	4	4	High
★ Tofu, firm (3 oz)	High		70	8	4.5	1	High
Hummus (2 Tbsp)	Medium		70	2	5	2	High

Whole Grains & Starches

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Boiled/baked potato, with skin (1 med)	High	323	160	4	0.2	4	High
★ Sweet potato (1 med)	High		100	2	0.2	4	High
★ Oatmeal (1 cup cooked)	High	209	150	5	3	4	High
★ Quinoa (1/2 cup cooked)	High		110	4	2	2.5	High
★ Whole-grain pasta (1 cup cooked)	High	188	180	7.5	1	6	High
★ Whole-grain bread (1 slice)	High	157	80	4	1	2	High
Air-popped popcorn (3 cups)	High	154	90	3	1	3.5	Medium
Brown rice (1/2 cup cooked)	Medium	132	110	2.5	1	1.8	High
Corn (1 ear)	Medium		80	3	1	2	Medium
White rice (1/2 cup cooked)	Medium	138	100	2	0.2	0.3	Medium
White pasta (1 cup cooked)	Medium	119	200	7	1	2.5	Medium
White bread (1 slice)	Low	100	75	2	1	0.8	Low

Vegetables (non-starchy)

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Broccoli (1 cup, raw)	High		30	2.5	0.3	2.4	High
★ Spinach (1 cup, cooked)	High		40	5	0.5	4	High
★ Kale (1 cup, raw)	High		33	2.9	0.5	2.6	High
★ Cauliflower (1 cup, raw)	High		27	2	0.3	2	High

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Brussels sprouts (1 cup, raw)	High		38	3	0.3	3.3	High
★ Bell peppers (1 cup, raw)	High		30	1	0.3	2	High
★ Carrots (1 cup, raw)	High		50	1	0.3	3.5	High
★ Green beans (1 cup, raw)	High		35	2	0.2	2.7	High
★ Tomatoes (1 cup, raw)	High		32	1.5	0.4	2	High
★ Cucumber (1 cup, raw)	High		16	0.7	0.1	0.5	High
★ Zucchini (1 cup, raw)	High		20	1.5	0.4	1.2	High
★ Mushrooms (1 cup, raw)	High		15	2	0.2	1	High

Fruit

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Apple, whole (1 med)	High	197	95	0.5	0.3	4.4	High
★ Orange, whole (1 med)	High	202	62	1.2	0.2	3	High
★ Raspberries (1 cup)	High		64	1.5	0.8	8	High
★ Blackberries (1 cup)	High		62	2	0.7	7.6	High
★ Blueberries (1 cup)	High		85	1	0.5	3.6	High
★ Strawberries (1 cup)	High		49	1	0.5	3	High
★ Pear, whole (1 med)	High		100	1	0.2	5.5	High
★ Grapes (1 cup)	High	162	104	1	0.2	1.4	High
★ Cantaloupe (1 cup)	High		54	1.3	0.3	1.4	High
Watermelon (1 cup)	High		46	0.9	0.2	0.6	Medium
Banana (1 med)	Medium	118	105	1.3	0.4	3	High
Dried fruit, raisins (1/4 cup)	Medium		110	1	0.2	1.5	Medium

Dairy

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Greek yogurt, Fage 5% (3/4 cup)	High		190	18	10	0	High
★ Plain yogurt, low-fat (1 cup)	High		150	12	4	0	High
Milk, 1% (1 cup)	Medium		100	8	2.5	0	High
Cheese, cheddar (1 oz)	Medium	146	110	7	9	0	Medium
String cheese (1 stick)	Medium		80	7	6	0	Medium
Sweetened flavored yogurt (6 oz)	Low	88	150	6	2	0	Low
Ice cream (1/2 cup)	Low	96	140	2	7	0	Low

Nuts, Seeds & Healthy Fats

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Chia seeds (1 Tbsp)	High		60	2	4	4	High

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
★ Flax seeds (1 Tbsp)	High		55	2	4	3	High
Pumpkin seeds (1 oz)	Medium		150	7	13	1.7	High
Almonds (1 oz)	Medium		160	6	14	3.5	High
Walnuts (1 oz)	Medium		185	4	18	2	High
Peanut butter (2 Tbsp)	Medium		190	7	16	2	High
★ Avocado (1/2 med)	High		120	1.5	11	5	High
Olive oil (1 Tbsp)	Low		120	0	14	0	Medium

Snacks, Sweets & Drinks

FOOD (TYPICAL SERVING)	SATIETY	SI	CALORIES (APPROX.)	PROTEIN (G)	FAT (G)	FIBER (G)	NUTRITION
Whole-grain crackers (about 5)	Medium	127	90	2	3	2	Medium
Granola bar (1)	Medium		130	3	5	2	Medium
Pretzels (1 oz)	Low		110	3	1	1	Low
Potato chips (1 oz)	Low	91	150	2	10	1	Low
Cookies (2)	Low	120	140	1.5	6	0.7	Low
Candy bar (1 standard)	Low	70	230	3	12	1	Low
Doughnut (1 glazed)	Low	68	250	3	14	1	Low
Cake (1 slice)	Low	65	350	3	14	1	Low
Croissant/pastry (1 med)	Low	47	270	5	14	1.5	Low
Sugary breakfast cereal (1 cup)	Low		150	2	1	1	Low
Fruit juice (8 oz)	Low		110	0.5	0	0.3	Low
Soda (12 oz)	Low		140	0	0	0	Low

All values are per one typical serving and approximate, from USDA FoodData Central reference amounts. Fat in whole foods — fish, nuts, seeds, avocado, olive oil, dairy — supports fullness and nutrient absorption; the goal is knowing what's in your food, not avoiding fat. SI is a research satiety-index score (white bread = 100; higher = more filling). ★ = among the most filling and nourishing.

About these numbers. The satiety-index scores come from a 1995 study led by Dr. Susanne Holt at the University of Sydney, which fed a small group of volunteers equal-calorie portions of 38 common foods and tracked how full each one kept them over the next two hours. White bread was set at 100 and everything else scored against it.

It remains a widely cited piece of research, but it was one study, with few participants, testing specific products sold in Australia at the time. Treat the numbers as rough comparisons **between kinds of food** — not precise measurements of any particular brand or product on a shelf today. Where a score looks surprising, that's usually why.

Research on fullness continues, and we update this table as stronger evidence becomes available.

PUT IT INTO PRACTICE

Try this

Plan one satisfying meal using the lists in this guide.

- 1** Which protein, high-fiber food, and fat will anchor your next meal?

Protein: _____ High-fiber food: _____ Fat: _____

- 2** What vegetable can you add for volume without much effort?

- 3** Which two or three staples will you keep on hand this week?

The Bottom Line: Build meals around high-satiety, nutrient-dense staples and let the food — not willpower — keep you full.

Pairs with the Flexible Meal Plan & Recipe Collection and the Making Meals More Satisfying handouts.