



THERAPY

AND PERFORMANCE CLINIC

RECOVER STRONG, PERFORM STRONGER

Foods with the highest and lowest satiety score



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The ultimate aim when eating is to feel 'full' and satisfied whilst also offering our body the best opportunity to absorb key nutrients to function.

When looking to lose weight, we obviously have to be in some form of calorie deficit as we've discussed... but it can be tough if we're constantly hungry.

The BEST way to offset this, is to consume foods with a HIGH in satiety value.

High-satiety foods are those that help you feel fuller for longer and can contribute to less overall calorie intake.

Typically these are foods rich in protein, fibre and water content.

Certain high-volume, low-calorie foods, notably non-starchy vegetables and certain fruits, can significantly enhance satiety, ensuring that you don't feel the need to snack.

This is because they fill the stomach and stretch it physically, sending signals to your brain that you are full.

Whilst 'hyper palatable' foods like processed takeaways etc do the opposite.

A 2000 Calorie Big Mac meal vs 2000 calories of chicken and vegetables leaves us feeling vastly different.

To not complicate things, using a satiety score chart, I've put together a list of foods with the HIGHEST and LOWEST satiety Foods so next time you eat you know what to go for.



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Highest Satiety Score Foods	Rationale
Potatoes	Cooked and cooled white potatoes have an exceptionally high satiety index. They contain resistant starch, especially when cooled after cooking, which promotes fullness.
Oats	High in fibre and have a low glycemic index, which helps in maintaining longer-lasting satiety.
Fish	Options like white fish and salmon score high on the satiety index due to their high protein content and healthy fats.
Beans and Legumes	Beans and legumes like lentils and chickpeas are fiber-rich and provide sustained energy and fullness.
Lean Meats	Chicken, turkey, and lean cuts of beef or lamb are protein-rich foods that help keep you feeling full longer.
Eggs	Eggs have a high satiety score due to their protein content and overall nutrient density.
Greek Yoghurt	High in protein and versatile in use, Greek yogurt is another filling option



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Lowest Satiety Score Foods	Rationale
Croissants/Pastries	High in fats and refined carbs, these offer little protein or fibre and are quickly digested, leading to earlier return of hunger.
Sweets & Chocolates	These foods are high in sugar and fat but low in fibre and protein, leading to quick spikes in blood sugar followed by rapid drops, which can prompt more hunger.
Soft/Sugary Beverages	Liquid calories do not promote satiety the same way solid foods do, especially when they are rich in sugars.
White Bread	Refined grains are stripped of their fibre and other nutrients that aid satiety, making white bread much less filling.
Crips	High in calories and fats, low in protein and fibre, these snacks are easy to overeat due to their poor satiety offering.