

Protein and Fiber combinations make it possible for us to physically feel full. They both work together to slow digestion and prevent blood sugars from increasing and falling too fast. Learning to put these combinations together at each meal and most snacks will help keep blood sugars at a balanced level, which will help with hunger. It will also prevent you from feeling cranky, sleepy, and starving.

PROTEIN:

- ▶ **Animal**
 - Fish, Shellfish, Chicken, Turkey, Eggs, Lean Pork, Lean Ham, Buffalo and Lean Red Meat
- ▶ **Plant**
 - Natural Peanut butter, Nuts- almonds, walnuts, pecans, cashews, pistachios – Soy, Beans, Lentils, Hummus, Tofu, and Seeds
- ▶ **Dairy**
 - Lowfat milk, cottage cheese, string cheese, yogurt, Greek yogurt

FIBER:

- ▶ **Whole Fruit**
 - Avocado, Blueberries, Raspberries, Strawberries, Pears, Apples, Oranges, Bananas, Lemons, Tomatoes, Prunes, Apricots
- ▶ **Vegetables**
 - Carrots, Celery, Broccoli, Cucumbers, Garlic, Summer Squash, Zucchini , Mushrooms, Kale, Spinach, Sweet Potatoes, Corn, Eggplant, Peppers
- ▶ **Whole Grains**
 - Brown Rice, Whole Wheat Pasta, Oatmeal, High Fiber Cereal, Whole Wheat Bread, Quinoa