



Fiber is essential for keeping things moving through our intestines and helping with a wide range of health issues. A diet rich in fiber does much more than just keep us, ahem, regular—it is also credited with helping prevent heart disease, type 2 diabetes, obesity and colon cancer. Studies have also shown that fiber intake is related to a reduced breast cancer risk.

What Exactly Is Fiber?

In basic terms, fiber is plant matter that we cannot digest, and it comes in two varieties, water soluble and insoluble. The soluble kind is found in legumes, fruits, vegetables and oats, whereas the insoluble type is found in wheat bran, whole-grain cereals, breads, and fruits with edible skin/seeds (such as strawberries and blueberries).

There are many natural sources of fiber, but unfortunately many people fail to reach the 20–35g a day recommended by the American Dietetic Association (most Americans only consume half this amount). To visualize 35g of fiber, think of the content in 14 shredded wheat biscuits or nine pears. Even if you are eating a rich and varied healthful diet, though, you may need to up your intake with a fiber supplement.

Soluble or Insoluble Fiber?

Your body needs both types of fiber to function efficiently. Soluble fiber aids digestion by slowing down the process so that nutrients are absorbed more gradually. This can help lower cholesterol levels. It also keeps you feeling full longer after meals—an advantage if you're trying to lose weight.

Conversely, the body cannot fully digest insoluble fiber; thus it bulks up the stool and acts as a natural laxative.

But don't limit your fiber to one type alone, says Gene Spiller, PhD, author of *What's with Fiber?* "For example, taking oat bran [soluble] will lower your cholesterol, and wheat bran [insoluble] will work on your colon function, but you should use both forms of fiber whichever type of problem you want to address."

Fiber Supplement Considerations

The most important consideration when taking extra fiber is staying properly hydrated, especially if you use a supplement in pill form. "The capsule dissolves in your stomach, and you need fluid to get it to where it should be," says Roberta Anding, RD, spokesperson for the American Dietetic Association. Failing to consume water with the capsules, as most fiber supplement labels direct, can cause an intestinal obstruction, says Anding.

Introducing a Fiber Supplement

When you start adding fiber to your diet, don't dive straight in. "You just can't adapt to a high-fiber diet in a 24-hour period," says Anding, who recommends working your way up slowly. "Many people who start a fiber regimen don't stick with it, because rapidly increasing fiber intake, from 10g to 35g, for example, can cause diarrhea, cramping and gas."

MORE FIBER FACTS

In addition to psyllium seed (a soluble fiber) and wheat bran (an insoluble fiber), other high-fiber products include flax seeds, beta-glucan (contained in oats and oat bran) and glucomannan, a soluble fiber from konjac root. Certain herbs, such as slippery elm, are naturally high in fiber.

HIGH FIBER FOODS

Why You Need Dietary Fiber?

High-fiber foods have been shown to reduce the risk of cardiovascular disease and to help to keep your digestive system healthy. Find out which foods are high-fiber foods.

Dietary Fiber

Dietary fiber is only found in plants, and functions like a skeleton to help maintain their shape and structure. Humans eat plants but we cannot digest the fiber so it passes through the small intestine into the colon. The fiber helps to keep the colon healthy. Some disorders like diverticulitis, constipation and irregularity may be connected with not getting enough fiber in the diet.

Types of Dietary Fiber

Insoluble fiber is the type of dietary fiber found in high-fiber foods like whole grains, nuts, wheat bran and vegetables. Insoluble fiber does not dissolve in water so it helps to move material through the colon faster by increasing the bulk of the stool. This can be very helpful to people who suffer from constipation or irregularity. Diets high in insoluble fiber may also decrease the risk of diabetes.

Soluble fiber is also found in many high-fiber foods like oats, citrus fruits, apples, barley, psyllium, flax seeds and beans. Soluble fiber absorbs water, which helps to soften stools making them easier to eliminate from the body. Some soluble fibers called beta glucan bind to bile acids which contain cholesterol. A high-fiber diet with this type of soluble fiber has been shown to reduce cholesterol closer to healthy levels.

High-Fiber Foods

According to the Institute of Medicine:

The recommended intake for total fiber for adults 50 years and younger is set at 38 grams for men and 25 grams for women, while for men and women over 50 it is 30 and 21 grams per day, respectively, due to decreased food consumption.

People who currently have low-fiber diets may want to increase their daily intake of high-fiber foods slowly because some fiber may increase gas and bloating. The body adjusts the increased amount of fiber over time and the gas and bloating will decrease.

Fiber Supplements

Fiber supplements are available and may be added to a low-fiber diet, but fiber supplements shouldn't replace high-fiber foods in your diet because high-fiber foods are usually high in vitamins and minerals as well.

A HIGH FIBER FOODS DIET: THE SMART WAY TO GET FIT

Weight loss is a commitment to choosing the right foods, exercising regularly, and giving your body necessary tools to function at its peak each day.

Too many processed foods and refined sugars in our diet have taken the place of fiber-rich fruits and vegetables, leaving us vulnerable to weight gain and poor health.

Don't beat yourself up, however, because you know you've been eating poorly and sugar has gotten a hold on you; the availability of processed foods and refined sugars is at record levels. It takes a conscious effort to seek out nutrient-rich super foods that will charge your metabolism and assist in your weight loss efforts. And I'm going to point you in the right direction by focusing on fiber, which will lead you down a path to superior health that goes beyond reaching your ideal weight.

Scientific research has proved that reducing the amount of calories we eat is the only way to lose weight and maintain our ideal body weight for life. Nature has created an amazing nutrient that can help us do both of these things - it is called fiber.

By definition, fiber is the indigestible part of fruits, seeds, vegetables, whole grains, and other edible plants. But one could just as easily call it a miracle nutrient. Why? Because fiber and fiber-rich foods actually help regulate blood sugar, control hunger, and increase the feeling of fullness—all of which are essential to losing weight and keeping it off. By eating foods that collectively provide 35 grams of fiber per day, you will drop the weight you want to lose and maintain your ideal weight for the rest of your life. And by significantly boosting your daily fiber intake, you will reduce your chances of developing heart disease, stroke, high blood pressure, diabetes, cancer, and a host of other obesity-related conditions.

Water-soluble fibers are found in the highest concentration in apples, oranges, carrots, potatoes, oats, barley and beans. These types of fiber delay the time it takes for food to pass through the system, and so they provide a feeling of fullness. They also slow the absorption of glucose (sugar) from the bloodstream and so they help to keep blood-sugar levels more even throughout the day. This type of fiber is also helpful in lowering blood cholesterol levels, which is why oats and oat bran have been popular for heart health.

Water-insoluble fibers are found in the highest concentrations in vegetables, wheat bran, corn bran, rice bran and most other whole grains. These fibers speed up the transfer of food through the intestines and also trap water, so they are particularly good in helping to prevent constipation.

The health benefits of a high-fiber diet are numerous. Most people are aware that fiber keeps the intestinal tract functioning smoothly. The fiber not only helps prevent constipation, but also reduces the risk of hemorrhoids. For those wanting to lose weight, a high-fiber diet is a great way to go. Fruits, vegetables and whole grains have fewer calories "per bite" than do foods that have a lot of fat and sugar. Also, the fibers keep food in the stomach longer and absorb water, so they provide the sensation of fullness.

Fiber is the natural appetite suppressant that allows you to reduce calories, which is the only way to lose weight. Fiber (plus its nutrient friends with whom it travels) also helps the body fight disease. ***Fiber is Nature's Weight Loss Secret***. With optimum nutrition based upon eating **35 grams of fiber** every day is the smart way to get fit and healthy.

Fiber is a miracle for eight reasons. It can help you:

1. Lose weight.
2. Maintain your ideal weight for life.
3. Reduce your risk of a heart attack.
4. Maintain healthy cholesterol levels.
5. Reduce your risk of diabetes and maintain normal blood sugar.
6. Reduce your risk of cancer.
7. Maintain bowel regularity.
8. Improve your immunity.

Can you get too much? Adding too much fiber to the diet in a short period of time might lead to abdominal discomfort and gas, so if your diet is usually low in fiber, increase the amount slowly over a few weeks to give your system time to adjust. Also, drink plenty of liquid to allow the fiber to soften and swell. And make sure to eat a variety of fiber sources to reap all the health benefits that high-fiber foods provide.

Here are some examples of delicious and healthy high-fiber foods from the USDA National Nutrient Database:

- one-half cup cooked navy beans – 9.5 g
- one-half cup baked beans, canned – 9 g
- one-half cup cooked lentils – 7.8 g
- one-half cup cooked black beans – 7.5 g
- one-half cup dates – 7.1 g
- one cup raisin bran cereal – 7 g
- one-half cup cooked kidney beans – 6.5 g
- one-half cup cooked lima beans – 6.7 g
- one-half cup canned tomato paste – 5.9 g
- one-half cup cooked garbanzo beans – 6.2 g
- one-half cup bean with ham soup – 5.6 g
- one-half cup frozen red raspberries – 5.5 g
- one medium bran muffin – 5 g
- one-half Asian pear – 5 g
- one-half cup cooked artichoke – 4.5 g
- one-half cup frozen peas, cooked – 4.4 g
- one cup oatmeal – 4 g
- one-half cup frozen mixed vegetables, cooked – 4 g
- one-half cup raw blackberries – 3.8 g
- one-half cup canned pumpkin – 3.5 g
- one-half cup cooked whole-wheat spaghetti – 3.4 g
- 24 almonds – 3.3 g
- one apple with skin – 3.3 g
- one-half cup cooked barley 3 g
- one cup broccoli – 2.4 g
- one red sweet pepper – 2.4 g
- one nectarine – 2.3 g
- 28 peanuts – 2.3 g
- one slice whole grain bread – 2 g
- 15 walnut halves – 2 g

Tips for Increasing Fiber Intake

- Eat whole fruits with skin more often than drinking fruit juices.
- Use whole fruit as a dessert. One cup of fresh red raspberries holds a whopping 8 grams of fiber and blackberries are close behind at about 7.5 grams. Pears, prunes, and apples all measure up at about 4 grams of fiber per serving.
- Eat a variety of whole vegetables—cooked and raw—and eat them freely.
- Use whole-grain cereals, oatmeal and bran cereals more often than refined cereals, like cream of wheat or corn flakes.
- Use 100 percent whole-grain breads, waffles, rolls, English muffins and crackers instead of those made with white flour. Replace your white bread with whole wheat bread. Many types of bread are packed with fiber—after all, just ½ cup of whole wheat flour packs more than 7 grams. Look for the words "whole wheat" at the top of the ingredients list, but remember to read those nutritional labels carefully. Just because a loaf of bread claims to be "whole grain" or "wheat" doesn't mean it includes a healthy dose of fiber in the package.
- Try whole-grain pasta.
- Use corn tortillas rather than flour.
- Use brown rice, wild rice, millet, barley and cracked wheat as alternatives to white rice.
- Add beans to main-dish soups, stews, chili or salads. Beans and legumes are always a healthy choice, usually containing 6-7 grams of fiber per ½ cup serving (cooked).
- Add wheat bran or oat bran to meat loaves or meatballs.
- For snacks, use whole-grain pretzels, popcorn or low-fat bran muffins as alternatives to cakes, cookies and chips.
- If you have trouble meeting your fiber intake, you can use fiber supplements. But remember that fiber supplements don't replace the healthy fruits, vegetables and whole grains that you should be consuming.

List of High Fiber Foods

(The fiber count for most packaged foods can be found on the label.)

FRUIT	AMOUNT	TOTAL FIBER (grams)
Apples with skin	1 medium	5.00
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cantaloupe, cubes	1 cup	1.28
Figs, dried	2 medium	3.74
Grapefruit	1/2 medium	6.12
Orange, navel	1 medium	3.40
Peach	1 medium	2.00
Peaches, dried	3 pieces	3.18
Pear	1 medium	5.08
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Raspberries	1 cup	8.34
Strawberries	1 cup	3.98

BEANS, NUTS, SEEDS	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz	4.22
Black beans, cooked	1 cup	14.92
Cashews	1 oz	1.00
Flax seeds	3 tbs	6.97
Garbanzo beans, cooked	1 cup	5.80
Kidney beans, cooked	1 cup	13.33
Lentils, red cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Peanuts	1 oz	2.30
Pistachio nuts	1 oz	3.10
Pumpkin seeds	1/4 cup	4.12
Soybeans, cooked	1 cup	7.62
Sunflower seeds	1/4 cup	3.00
Walnuts	1 oz	3.08

VEGETABLES	AMOUNT	TOTAL FIBER (grams)
Avocado (fruit)	1 medium	11.84
Beets, cooked	1 cup	2.85
Beet greens	1 cup	4.20
Bok choy, cooked	1 cup	2.76
Broccoli, cooked	1 cup	4.5
Brussels sprouts	1 cup	2.84
Cabbage, cooked	1 cup	4.20
Carrot	1 medium	2.00
Carrot, cooked	1 cup	5.22
Cauliflower, cooked	1 cup	3.43
Cole slaw	1 cup	4.00
Collard greens, cooked	1 cup	2.58
Corn, sweet	1 cup	4.66
Green beans	1 cup	3.95
Celery	1 stalk	1.02
Kale, cooked	1 cup	7.20
Onions, raw	1 cup	2.88
Peas, cooked	1 cup	8.84
Peppers, sweet	1 cup	2.62
Pop corn, air-popped	3 cups	3.60
Potato, baked w/skin	1 medium	4.80
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1.00
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63

CEREAL, GRAINS, PASTA	AMOUNT	TOTAL FIBER (grams)
Bran cereal	1 cup	19.94
Bread, whole wheat	1 slice	2.00
Oats, rolled dry	1 cup	12.00
Pasta, whole wheat	1 cup	6.34
Rice, dry brown	1 cup	7.98

THE FIBER FACTOR FOR LOSING WEIGHT

We are on the same program... why are they losing weight faster?

All calories are not the same. Each ounce of food is not the same in the way your body responds. Use foods for more benefit in losing weight.

Fiber binds with fats of which contain calories, then carries them through the colon and keeps them from being absorbed. Each gram of fiber can flush with it 7 calories approximately. So the average American, who eats only 12 grams of fiber in a day, only flushes about 84 calories from their day. Health standards recommend eating 35 grams of fiber each day, thus flushing 245 calories. If you increase your fiber to 45 grams of fiber per day you will flush 315 calories. So, if you eat a 1200 calorie diet, you can flush $\frac{1}{4}$ of those calories simply by adding in food that are high in fiber at each meal, or supplement the fiber into your meals with powders and tablets.

If you follow the guidelines: three healthy meals and day and three healthy snacks, staying within the calorie guidelines, something wonderful will happen. Your metabolism will go UP, and you will start to drop your stored calories, which we all know as fat.

For a female who weighs 160 pounds, the target should be 1200 calories eating 45 grams of fiber and flushing 315 calories. She then has a net calorie day of 885 calories. Let's say this woman is not active. NO exercise, so her Active Metabolic Rate is 1600 calories. To lose 1 pound of body fat you need a deficit of 3500 calories. She is at a deficit of 715 calories. Repeat that deficit for 5 consecutive days and she will lose 1 pound of body fat. Repeat those 5 days for a month and she will lose 6 pounds, just from the fiber she is now consuming. Multiply that by a year and you could reach 72 pounds dropped in 12 months – just by eating fiber.

Solution: 1200 calories, 35 grams of fiber...So let's make it easy.

For Breakfast and Lunch 200 calories 10 grams of fiber 15 grams of protein

Herbalife “Healthy Meal” Shake: (Breakfast and lunch)

8 oz low-fat milk or Soy Milk
2 heaping TBS Formula 1 Protein Powder (3 grams)
1 rounded teaspoon of Active Fiber powder (5 grams)
1 cup strawberries OR $\frac{1}{2}$ cup blueberries OR 1 banana (2 grams)

Choose 3 servings for 3 snacks each day

Herbalife Soy Nuts 110 calories 6 grams of fiber
1 cup of Blackberries – 60 calories 7.3 grams of fiber
1 cup of Blueberries – 80 calories 3.5 grams of fiber
Large Orange 86 calories – 4.4 grams of fiber
1 medium Pear – 100 calories 5.5 grams of fiber
Sliced Apple dipped in 1 TBS Peanut Butter -170 calories – 4 grams of fiber

Dinner: Meat, Veggie, Sweet Potato OR Rice (Brown or Parboiled) OR Whole Wheat Pasta

FRUITS AND VEGGIES – MORE MATTERS!

Color-coding can be a useful device to introduce diversity into the diet. The different colors are important because the different plant chemicals they represent have different effects on the body. It's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytochemicals (a chemical compound occurring naturally in plants), as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination. One Serving Size is ½ cup cooked or 1 cup raw vegetables, ½ cup chopped, cooked or canned fruit, 1 medium size fruit or ¾ cup fruit or vegetable juice.

REDS

Apples, beets, cherries, cranberries, kidney beans, pink grapefruit, raspberries, red beans, red cabbage, red onions, strawberries, tomatoes, tomato juice, and watermelon

Did You Know? Reds may help with heart disease and some cancers. Preventive benefits such as Prostate and lung cancer and great anti-oxidant.

ORANGES/YELLOWS

Apricots, cantaloupe, carrots, grapefruit, mangoes, nectarines, oranges, papayas, peaches, pineapple, squash, sweet corn, sweet potatoes, and tangerines

Did You Know? Oranges and yellows are being studied for their role in enhancing the immune system, and they may help prevent some birth defects and may reduce your risk of heart disease.

BLUES/PURPLES

Blackberries, blueberries, eggplant, plums, purple grapes, and raisins. To get more "blues and purples," toss fresh, frozen, or dried blueberries on your cereal, or puree them in the blender with vanilla yogurt for a smoothie. Snack on dried plums. Include them in muffins and pancakes when you bake. Pop fresh ones in the freezer; they are delicious frozen snacks.

Did You Know? Blues and purples are being studied for their role in the body's defense of harmful carcinogens.

GREENS/YELLOW GREENS

Avocado, Broccoli, celery, cabbage, collard, cucumber, green apples, green beans, greens, green onions, green peas, green peppers, honeydew melon, kale, kiwifruit, leafy greens, lettuce, snap peas, spinach, turnip greens, white grapes, and zucchini.

Did You Know? Greens may help protect your eyes and may decrease risk of cancerous tumors.

WHITES

Bananas, cauliflower, garlic, mushrooms, onions, pears, plantain, and potatoes

Did You Know? Whites may help decrease your cholesterol and blood pressure and may help increase your body's ability to fight infections. Good for circulations. They also may inhibit cancer growth and may reduce risk of certain cancer.

* These benefits are potential and based on the current understanding of science in these areas. Also the various fruits and vegetables in each group have multiple compounds that work together to provide some of these benefits. Only the major ones are used to form the groupings.

TIPS TO STAY FULL LONGER

Beat Hunger and Boost Satisfaction

No doubt about it, hunger is unpleasant. In fact, it can be downright embarrassing when your tummy grumbles for your attention at the most inopportune times. When you're watching your calorie intake to lose or manage your weight, there will be days when you might experience ongoing hunger, even when you're eating at the top of your calorie range. It can be so distracting and debilitating that you're ready to throw in the towel. If deprivation is what eating healthy is all about, then forget it!

Not so fast. Don't give up on your new way of eating until you add what could be the missing ingredient back into your eating and weight loss program. What's the elusive "secret" to feeling fuller, longer? Satiety.

Satiety (sa-TIE-e-tee) is that wonderfully pleasant feeling of fullness you get as you eat, when you're no longer hungry, but aren't overly stuffed or uncomfortable. You are just satisfied beyond desire. The more satisfied you feel after a meal, the less you'll eat later. So how do you increase satiety without eating MORE?

Eat More Low Density Foods

Calorie density refers to the number of calories per gram of food. Foods that are HIGH in calorie density contain a high number of calories per gram; foods that are LOW in calorie density contain a low number of calories per gram. Calorie density is the key to feel full without overeating.

When you eat too many calorie dense foods, you'll end up consuming a lot of calories to fill your belly. If you focus on low calorie density foods, you can fill up on fewer calories because low density foods contain a lot more water, which adds weight and volume to the food, but no calories.

Just drinking a glass of water along with the meal does not provide the same degree of satiety. Research has shown that to reduce hunger and boost fullness, the water has to be in the food. Why? Because there are separate mechanisms in the brain to control hunger and thirst. If the food you eat contains the water, it will stay in the stomach longer while the food is being digested. Beyond that, there is also the psychological component of eating food versus drinking water. When you eat food, even water-rich food, you get more sensory stimulation because you have more food going through your mouth and you're eating for a longer period of time, both of which help you feel more satisfied with your meal.

The following are all water-rich food choices with about 90% bound water. They can have a great impact on the calorie density of your diet.

- **EAT MORE** low sodium broth-based soups like chicken broth and vegetable broth.
- **EAT MORE** leafy greens like lettuce, baby spinach and mixed salad greens with fat-free dressing.
- **EAT MORE** fruits like apples, blueberries, cantaloupe, grapefruit, oranges, peaches, strawberries and watermelon.
- **EAT MORE** non-starchy vegetables like asparagus, broccoli, carrots, cauliflower, celery, cucumbers, tomatoes and winter squash.

***TIP:** Start your meal with a low sodium bowl of broth-based soup or low-calorie leafy green salad to fill up on fewer calories. Turn to non-starchy vegetables when you get the munchies.*

Fill Up on Fiber

Fiber contains only 1.5 to 2.5 calories per gram, while other carbohydrates contain 4 calories per gram. Fiber-rich foods also necessitate more chewing and slow the passage of food through the digestive tract. The fiber in carbohydrates helps prevent those peaks and valleys in blood sugar levels that can cause cravings and poor food choices. They also may stimulate a satiety hormone in the brain.

- **EAT MORE** fiber from whole grains, fruits and vegetables with skins, beans, lentils and legumes. Aim for 35 grams each day to help reduce your calorie intake and increase your satiety level.

TIP: Avoid refined carbohydrates (like white bread, white rice, white pasta and sugar). When eaten alone, refined and simple carbohydrates can wreak havoc on satiety by causing rises and falls in blood sugar which trigger hunger every few hours.

Lean on Protein

Studies suggest that protein appears to help prolong satiety more than carbohydrates or fat can. Meeting your protein needs is important, but eating more protein than your body needs will NOT boost your metabolism.

- **EAT MORE** lean protein from meats, chicken, seafood, low-fat dairy, legumes, lentils and soy products.

TIP: Prepare your meat using low-fat cooking methods like grilling and baking.

Fit in the Fat

Cutting fat intake reduces the calorie density of a food. In other words, you get a bigger portion of food for the same calories when it has fewer fat grams. However, if you go too low in fat you won't enjoy the flavor, texture or satiety of your food. Plus dietary fat is essential for staying healthy.

- **EAT ENOUGH** fat to meet the fat recommendations in your diet. This will bring the pleasure and satisfaction back to your meals so you're less likely to overeat later.

TIP: Eliminate fat where you don't need it, opting for reduced fat foods instead of full fat versions. Select low-fat dairy products, low-fat salad dressings, low-fat mayonnaise, etc. and limit saturated and Trans fats.

Go Nuts

Nuts have been shown to have a very positive impact on satiety because of their protein and fiber content. A SMALL handful of these nutritious nuggets will often hold you over until your next meal. Of course, portion control is important because nuts and seeds are high density foods.

- **Choose nuts** like peanuts, almonds, walnuts, cashews and others. Even seeds make good choices.

TIP: Keep your portions in check! One serving of nuts or seeds is about the size of a golf ball.

Drink Up!

Drinking plain old water can help with your weight management program, especially if you are substituting calorie-containing beverages like regular soda, juice and sweetened coffee for water, which is healthy and calorie-free. For some people, drinking water throughout the day also keeps their hands busy so that they're less likely to eat out of habit or boredom.

- **DRINK MORE** water throughout the day, aiming for about 8 cups total. Some calorie-free beverages can make good choices, but moderation is important. Remember you should be drinking half of your weight in ounces of water per day.

TIP: Don't drink your calories. Calories from beverages add up quickly and affect your weight. Most people don't pay attention to the number of calories they drink, and that can hurt your weight loss efforts. Limit your intake of caloric beverages to less than 200 calories each day, and be sure to add these calories to your log.

Make It Work

Now that you know which foods have the staying power, it is important to spread these satisfying foods throughout the day into designated meals and snacks. Then you'll be reaping the benefits all day long.

Even better, slow down and savor every bite. Research has shown that it can take 20 minutes for your stomach to signal your brain that you have reached satiety. So take your time and enjoy every delicious bite along the way.

Get in touch with your satiety center by giving your stomach time to signal your brain that you have had enough to eat, and by selecting the right kinds of foods when you do eat. Finding ways to feel fuller while eating fewer calories.