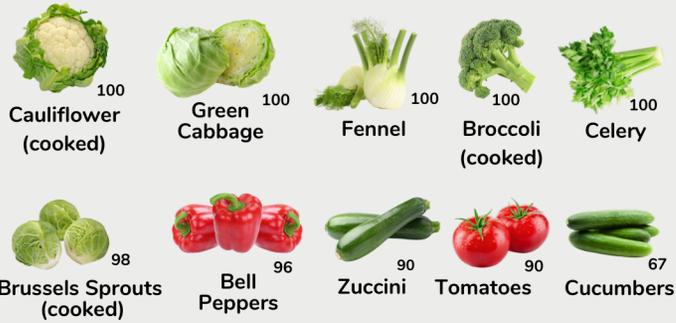


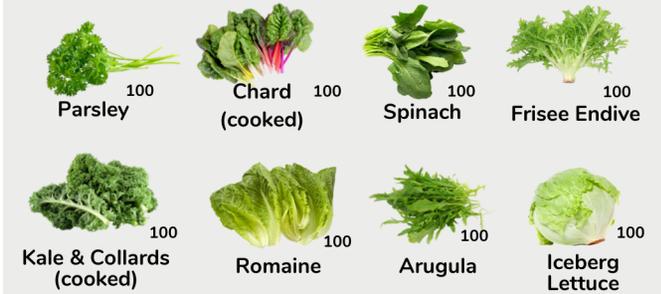
## Non-Starchy Vegetables



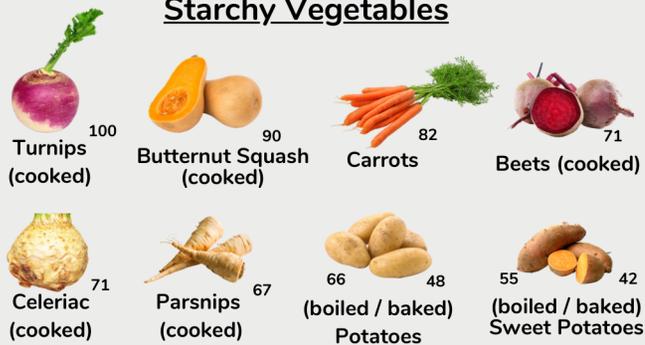
## Mushrooms



## Leafy Greens



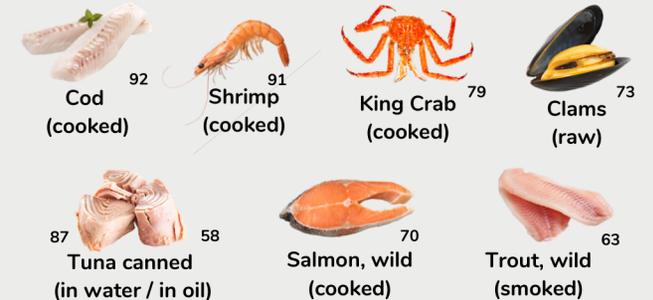
## Starchy Vegetables



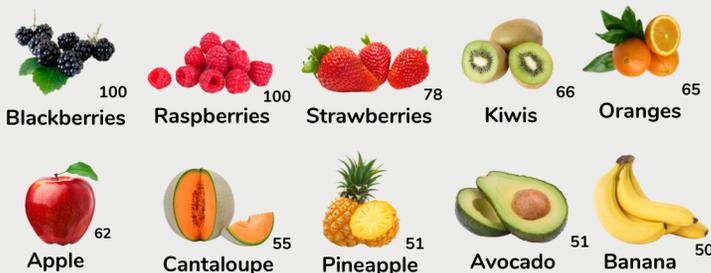
## Legumes (boiled in water)



## Seafood

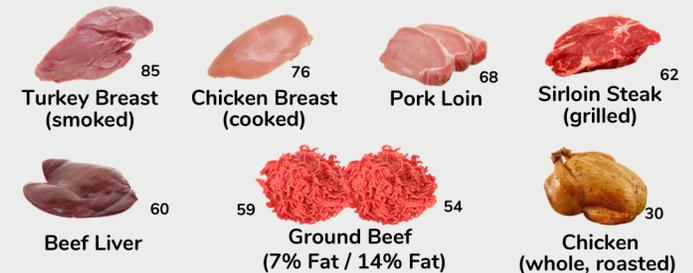


## Fruit & Berries



**Nourished by Science**  
Evidence-Based Nutrition for Chronic Disease Prevention  
**Satiety Score of Foods**  
www.nourishedbyscience.com

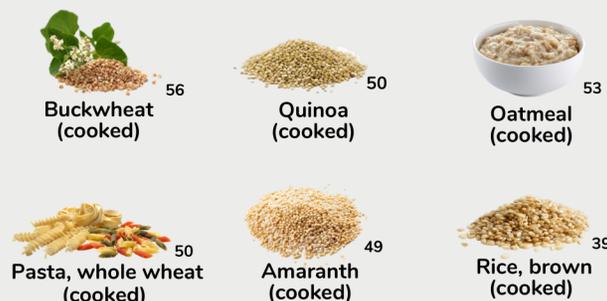
## Unprocessed Meat



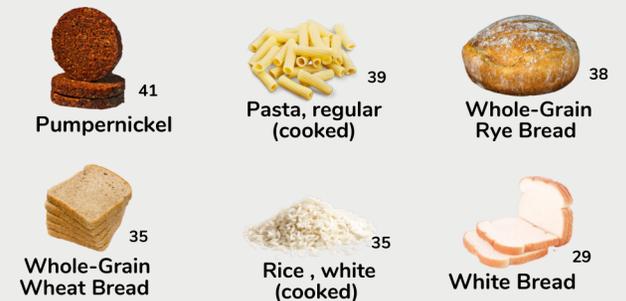
## Dairy & Eggs



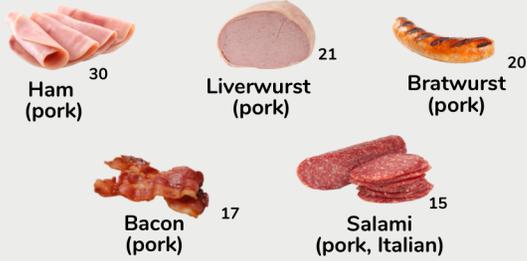
## Whole Grains (boiled in water)



## Grains (baked and/or refined)



## Processed Meats



## Nuts & Seeds & Dried Fruit



## Alcoholic Beverages\*



## Sugars

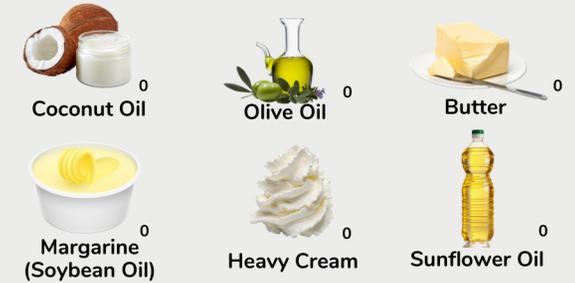


Evidence-Based Nutrition Information

## Satiety Score of Foods

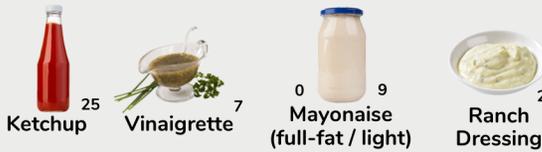
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## Fats & Oils



## Mixed Foods Rich in Sugars, Refined Grains, and/or Added Fats & Oils

### Salad Dressings & Condiments



### Dairy-Based Deserts



### Sugary Beverages\*



### Baked Goods



### Snack Foods / Fast Foods



The Nourished by Science satiety scores are a measure of how satiating (or filling) a food is relative to the calories it contains. The satiety score of a food is higher for foods with a higher protein content (in % of total calories), a higher fiber content (relative to calories), and lower energy density (calories per g).

Spontaneous calorie intake is lower if a meal is rich in protein and fiber and has a low energy density. Thus, emphasizing high-satiety score foods and limiting low-satiety score foods is expected to lower calorie intake without active calorie restriction.

\* Note that liquid calories (alcoholic and sugar-sweetened beverages) increase calorie intake more than their satiety scores suggest.

Disclaimer: This is not medical advice. Please speak to a healthcare professional before making major changes to your diet.

For more detailed information go to:  
[https://nourishedbyscience.com/satiety\\_score](https://nourishedbyscience.com/satiety_score)  
 Or:

Scan me



# Portions of different foods that contain 10 g of protein:



**Chicken Breast,  
cooked  
1.2 oz (32 g)**



**Salmon,  
grilled  
2 oz (56 g)**



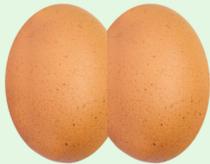
**Cod,  
cooked  
1.8 oz (50 g)**



**Shrimp,  
grilled  
1.4 oz (40 g)**



**Sirloin Steak,  
grilled  
1.0 oz (28 g)**



**Eggs  
2 medium sized**



**Cottage Cheese  
3.6 oz (100 g)**



**Greek Yogurt  
3.6 oz (100 g)**



**Cheddar Cheese  
1.6 oz (45 g)**



**Milk  
1.3 cups (317 mL)**



**Lentils, cooked  
3.9 oz (110 g)**



**Beans, cooked  
3.6 oz (100 g)**



**Tofu  
1.4 oz (40 g)**



**Peanuts  
1.4 oz (38 g)**



**Almonds  
1.6 oz (45 g)**

# Portions of different foods that contain 5 g of fiber:



**Raspberries**  
2.8 oz (77 g)



**Blackberries**  
3.4 oz (94 g)



**Strawberries**  
8.9 oz (250 g)



**Apple**  
7.5 oz (210 g)



**Kiwi**  
5.9 oz (166 g)



**Asparagus**  
8.9 oz (250 g)



**Bell Peppers**  
8.6 oz (240 g)



**Fennel**  
5.7 oz (160 g)



**Kale/Collards**  
4.4 oz (122 g)



**Portobello Mushroom**  
13.8 oz (385 g)



**Lentils, cooked**  
2.3 oz (64 g)



**Beans, cooked**  
1.9 oz (54 g)



**Pumpernickel**  
2.8 oz (77 g)



**Whole-Grain Bread**  
3.0 oz (84 g)



**Almonds**  
1.4 oz (40 g)