

FEED YOURSELF FULLER CHART

Research has shown that diets with a low energy density can help you to feel fuller without providing too many calories. A low energy density diet can include some foods with a high energy density, provided plenty of foods with lower energy density are eaten too. Our *Feed yourself fuller* chart provides an idea of the energy densities of different foods. The foods pictured are examples of the type of foods you can eat from each group.

Very Low energy density foods. Go for it! You can eat big portions of very low density foods and use them to bulk out meals.

Low energy density foods make up the bulk of what we eat and you can eat satisfying portions of these foods.

Medium energy density foods can be included in the diet, and it is especially important to eat oily fish like salmon, and to include lean sources of protein like steak, but you need to control the portion sizes of these foods and eat them alongside lots of lower energy density foods.

High energy density foods can be included in the diet, but in small portions or eaten less frequently.



Energy Density (kcal/g)

0

0.6

1.5

4.0

9.0

VERY LOW



Cucumber	0.10
Mixed salad	0.19
Chicken noodle soup	0.19
Broccoli	0.33
Carrots	0.35
Orange	0.37
Pear	0.40
Apple	0.47
Broccoli & stilton	0.50
Vegetable soup	0.52

LOW



Vegetable stir fry with noodles	0.63
Mixed berries with low fat yogurt, crunchy oat cereal & honey	0.71
Spaghetti Bolognese with lean mince, vegetables & wholewheat spaghetti	0.75
Low fat yogurt	0.78
Baked beans	0.81
Banana	0.95
Cornflakes with semi skimmed milk	1.10
Baked potato	1.36
Boiled egg	1.47
Grilled chicken breast (without skin)	1.48

MEDIUM



Strawberries & cream	1.6
Chocolate mousse	1.8
Spaghetti Bolognese with standard mince & cheese	1.9
Lasagne	1.9
Steak	1.9
Grilled salmon	2.2
Jam	2.6
Meat pizza	2.6
French fries	2.8
Croissant	3.7

HIGH



Crackers	4.1
Regular hard Cheese	4.2
Chocolate biscuits	4.9
Chocolate	5.2
Crisps	5.3
Roasted peanuts	6.0
Mayonnaise	6.9
Butter/margarine	7.4
Vegetable, olive or seed oils	8.9

For more information on putting the feed yourself fuller chart into practice, go to:
www.nutrition.org.uk/nutritioninthenews/fuller/feed-yourself-fuller-chart