# More Bite, Fewer Calories 15 Low-Calories Foods that Satisfy

Today's diets are so focused on low-calorie plans but so often leave our appetites unsatisfied. Believe it or not, there are some low-calorie foods out there that can match our hunger! Here are some foods that keep the calorie count at a minimum while still satisfying our stomachs!

#### Eggs

Eggs are one of the most common low-calorie foods! They're low in calories, but high in many other nutrients.







# **Greek Yogurt**

One cup of yogurt can provide a healthy amount of calories that is more satisfying to your stomach.



Using a cucumber instead of a cracker or chip can save you so many calories, as just one average cucumber holds only 45 calories.



### **Cottage Cheese**

Having a great ratio of protein to calories, cottage cheese makes a great choice for when you are feeling snacky.









#### **Berries**

Berries are incredibly healthy for you as they hold vitamins, minerals and antioxidants.



Watermelon

Whether raw in a salad or cooked to your preference, brussels sprouts are a creative choice for those looking for more food options.

As the name implies,

watermelon is packed with water

giving you sweet satisfaction with

low-calorie commitments.



#### Lean Meat

Meats like chicken, turkey and low-fat red meats are high in protein and still low in calories.



## **Potatoes**

Potatoes often get a bad rap in the health world, but a whole baked potato with no added oils or fats can be an excellent choice to feel full.



#### Fish

While it may not be a daily dish, fish is high in protein and heart-healthy.



# Soup

Depending on the type of soup, you can vary what ingredients go into it, allowing you to feel full from broth alone, which holds fewer calories.





#### Legumes

Beans, peas and lentils are another great choice that's filling thanks to their high fiber and protein content.



#### **Chia Seeds**

Chia seeds are high in soluble fiber, a fiber that absorbs liquid and expands in your stomach, making you feel full while eating less.







Oats for breakfast or for a quick snack provide a low-calorie, high-protein and fiber-rich option.



## Popcorn

Believe it or not, popcorn is one of the most filling, low-calorie snacks!

