

# The Satiety Rating of Common Foods

All of the following foods are compared to white bread, ranked as "100". The higher the number the more filling.

## Simple Processed Carbs

Croissant 47%  
Cake 65%  
Doughnuts 68%  
Mars candy bar 70%  
Peanuts 84%  
Yogurt 88%  
Ice cream 96%  
Jellybeans 118%  
Special K Cereal/Cornflakes 117%  
Cookies 120%  
Crackers 127%

## Carbohydrate-Rich Foods

White bread 100%  
French fries 116%  
White pasta 119%  
Rice 136%  
All-Bran 151%  
Popcorn 154%  
Whole Grain bread 154%  
Brown pasta 188%  
Carrots ~205%  
Porridge/Oatmeal 209%  
Potatoes, boiled 323%

## Protein-Rich Foods

Lentils 133%  
Cheese 146%  
Eggs 150%  
Baked beans 168%  
Beef 176%  
Steak ~ 210%  
Chicken ~215%  
Ling fish 225%

## Fruits

Bananas 118%  
Grapes 162%  
Apples 197%  
Oranges 202%  
Grapefruit ~250%  
Watermelon ~260%

## The list with the most filling food at the top

Potatoes, boiled 323%  
Watermelon ~260%  
Grapefruit ~250%  
Fish ~225%  
Chicken ~215%  
Steak ~ 210%  
Porridge/Oatmeal 209%  
Carrots ~205%  
Oranges 202%  
Apples 197%  
Brown pasta 188%  
Beef 176%  
Baked beans 168%  
Grapes 162%  
Whole Grain bread 154%  
Popcorn 154%  
Eggs 150%  
Cheese 146%  
Rice 136%  
Lentils 133%  
All-Bran 151%  
Crackers 127%  
Cookies 120%  
White pasta 119%  
Bananas 118%  
Jellybeans 118%  
Special K Cereal/Cornflakes 117%  
French fries 116%  
White bread 100%  
Ice cream 96%  
Yogurt 88%  
Peanuts 84%  
Mars candy bar 70%

Generally speaking, foods that rank high and satisfy your hunger for a longer period of time are foods with high protein, -water- and/or fiber content.

