



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.

