

Healthy, filling foods



Nourishing, satisfying foods and meal ideas to keep you going



Filling foods list

Looking for nutritious foods to help keep you feeling full throughout the day?

Foods that are relatively low calorie for their size and provide protein and fibre are a great way to keep you feeling satisfied, particularly if you are limiting your calories.

This fact sheet contains a list of filling foods as well as meal and snack ideas to keep you going all day long.



Non-starchy veg	Carbohydrate	Protein	Fats
Fill around half of your plate with these veges	1-2 fist sized portions*	1-2 palm sized portions	Use small amounts e.g. 1-2 thumbs*
Green e.g. salad leaves, spinach, broccoli, cabbage, courgette	Starchy veges e.g. potato, kumara, taro	Lean meats e.g. beef, pork (fat trimmed). Limit processed meats like ham, bacon, salami	Nuts and nut butters e.g. almond, peanut, cashew
Red e.g. red capsicum, tomato, radishes	Brown rice, wholemeal pasta	Poultry (skin removed)	Seeds e.g. pumpkin seeds, sunflower seeds, linseeds, sesame seeds
Orange/yellow e.g. capsicum, carrots, sweetcorn, pumpkin	Legumes e.g. chick peas, red kidney beans, lentils, black beans etc	Oily fish (also count as a serve of fats) e.g. salmon, sardines, mackerel, kahawai	Avocado (you can have a larger serve e.g. ¼ avocado)
Brown/white e.g. turnip, onion, cauliflower, mushrooms	Oats	Non-oily fish e.g. cod, snapper, hoki, tarakihi	
Blue/purple e.g. eggplant, purple cabbage, beetroot	Granola, high fibre/bran cereals with no added sugars	Shellfish e.g. oysters, mussels, prawns, lobster	
	Whole grain bread	Eggs, tofu	
	Other whole grains e.g. bulgur, quinoa, barley, millet	Dairy e.g. milk, yoghurt. Cheese is energy dense so have a smaller (matchbox) size	
	Fruit. Have a smaller portion of dried fruit. Limit fruit juice and fruit canned in syrup.	Protein powder can be used if needed to supplement food intake	

*If limiting calorie intake, you may need to choose the smaller portion size for carbs and fats in particular.

Start your day on the right foot

Breakfast is a great opportunity to start your day well by choosing nutrient-rich foods that provide a steady release of energy and help to keep you feeling full.

Satisfying breakfast ideas include:

- Eggs and wholemeal toast
- Omelette or egg bakes with fruit
- Porridge with fruit and nuts/seeds
- Bircher muesli a.k.a. overnight oats (oats, Greek yoghurt, apple, raisins, coconut)
- High fibre, unsweetened breakfast cereal with yoghurt and fruit
- Wholemeal toast with nut butter and a latte



Should you drink your calories?

Generally, 'liquid calories' are less likely to keep you feeling full compared to solid foods. Sugary soft drinks in particular provide calories (and a ton of added sugars) but without the nutrition to keep you satisfied, so you may end up consuming more calories than you need.

Eat plenty of nutritious whole foods and, if you are having a drink, opt for water, milk or unsweetened drinks.



Ideas for filling lunches

Bringing in food from home is one of the easiest ways to make healthy eating easier. You can avoid temptation and impulse buying, and save money at the same time.

- Quick salads. Choose a healthy protein e.g. boiled eggs, lean meat or chicken, cheese, canned tuna or salmon and add to quick veges e.g. cherry tomatoes, salad leaves, canned veg e.g. beetroot or sweetcorn. For a more substantial salad, healthy carb options include brown rice, quinoa, barley, kumara, chick peas or lentils.
- For healthier sandwiches/wraps – choose a healthy protein + whole grain bread/wraps. Hummus and avocado make a nutritious alternative to butter and spreads.
- Toast is a quick & easy option too. Choose whole grain toast and top with a protein e.g. egg, cheese, salmon or nut butter. Add a piece of fruit for extra fibre and to help you reach your 5+ a day.
- Don't forget leftovers! Cook a big batch of dinner with protein + veges for the easiest, healthy leftover lunches.

Lunch on-the-go

If bringing in your own food isn't feasible for you, here are a few ways you can make good choices when it comes to buying lunch.

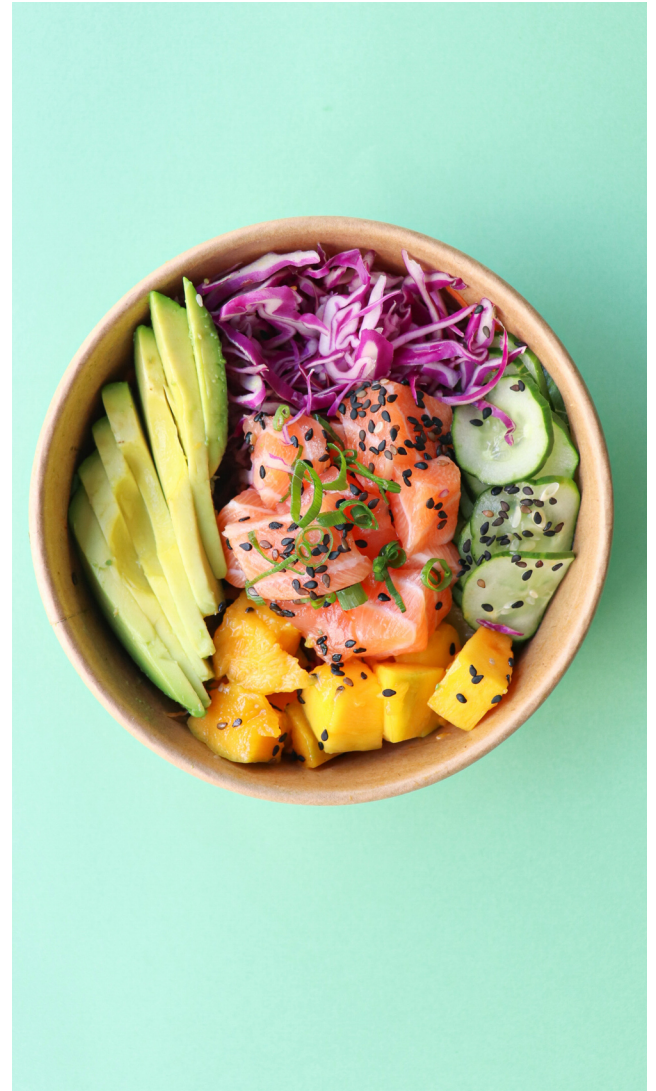
1. Plan ahead. Make a note of the food retailers in your area and note down the healthier options available so you always have a 'go-to' list of healthy lunches in mind.

2. Make tweaks for better nutrition. If the options available aren't quite what you need, think of ways you might be able to tweak them. Can you ask for dressing on the side? Could you have less rice and more salad? Can you turn a pita or burrito into a salad? Do they have a double protein option?

3. Be portion savvy. If the options available are more on the indulgent side, ask if you can have a smaller portion. If not, can you portion it into two and save half for tomorrow's lunch?

4. Mix and match. If there are limited options available, can you grab something small that you can bolster with healthy additions?

- A sandwich or wrap + a milky coffee + a piece of fruit.
- Small pack of sushi + sashimi + edamame beans
- A mini quiche or egg bake + a small smoothie
- Carrot sticks + hummus + chicken from the deli
- Brown rice salad + cheese sticks + fruit



Satisfying snacks

Need some sustenance between meals but not quite sure what is a good option? Try these nutritious snack ideas to keep you going.

- Apple and nut butter
- A handful of dried fruit and nuts
- Tuna & wholegrain crackers
- Carrot and cheese sticks with hummus
- Boiled eggs
- Greek yoghurt with a sprinkle of nutty granola
- Wholegrain toast with cheese, avocado or peanut butter
- Popcorn (plain, not heavily coated)
- Edamame or roasted chickpeas or broad beans