

## 3 Healthy Foods That Will Fill You Up



Are you ever hungry right after you eat a meal? It means your brain isn't getting the signal from your stomach that your meal had enough food.

After a satisfying meal, the sensation of hunger naturally disappears for [several hours](#).

So how can you make sure your body feels full without overeating?

Here are 3 foods that are low in calories, nutrient-rich, and will satisfy your hunger at mealtimes so you can stay healthy.

### 1. Smoothie Bowl

With a powerful combo of fruit, nuts, and yogurt, a smoothie bowl is a filling meal. A yogurt is good source of healthy bacteria and Vitamin D. The fresh fruit is fiber-rich and sweetens your meal with natural sugars. The nuts give your mouth lots of satisfying textures to chew on too.

Smoothie bowls never get old. Toppings like peanut butter or desiccated coconut can really change up the flavor. With all-natural ingredients, smoothie bowls are sure to keep you from feeling hungry.

## 2. Avocado Toast

This trendy brunch favorite has the right nutritional structure to keep you satisfied. Choose whole grain toast for complex carbohydrates that break down slowly in the stomach. Slice on avocado for a dose of healthy fat. Add a poached egg for protein and you have yourself a filling and healthy meal that is Instagram-approved. Try a squeeze of fresh lemon or dried chili flakes for a kick.

## 3. Glass Noodle Salad

Glass or “cellophane” noodles are a great alternative to refined carbohydrates. Made from starchy vegetables like mung beans or yams, these noodles have the satisfying bite of traditional pasta but with a low glycemic index. A Vietnamese favorite, the glass noodle salad comes loaded with chopped fresh veggies full of healthy vitamins and minerals. Plus, glass noodles are on the menu at most Asian restaurants, so it’s a great option for a satisfying dinner out.

*Next time you are hungry, don’t reach for junk food. Remember that your brain and your stomach need to agree that you have had a satisfying meal.*

*Consider these 3 foods that will fill you up and keep you healthy too. Your brain will get the message and your body will thank you for it.*

*Photo: Peter Hershey, [Unsplash](#)*