**Quiz:**

1. Which of the following two things found in foods help you stay full?
   1. Sugar and water
   2. Protein and sugar
   3. Fiber and water
   4. Fat and protein

Answer: C. Fiber and water. Fiber and water eat increase the volume of the foods we eat. More volume can lead to an increased feeling of fullness. That fullness can also stick around longer than fullness that comes from eating meals low in fiber or water.

1. Which of the following foods is the best choice to fill up and stay full?
   1. bag of chips
   2. an apple
   3. candy bar
   4. buttered popcorn

Answer: B. An apple. Apples are sources of both water and fiber, and are good things to eat to keep hunger at bay. A candy bar is most likely going to give you a sugar rush, followed by a crash. A bag of chips and buttered popcorn will fill you up for a short while, but will bring along fat and calories.

1. Which of the following scenarios is NOT a healthy way to get full and stay full?
   1. Start off your meal with a small cup of broth-based soup
   2. Include a serving of whole-grains, such as a whole-grain roll or some brown or wild rice
   3. Add plenty of fiber-rich vegetables to a salad
   4. Eat a double serving of the entree

Answer: D. Eat a double serving of the entree. While eating more food will help you fill up, and possibly keep you full for a while, eating a double serving of the entree will also give you a double helping of calories. It will also knock your balanced diet out of whack for the day. A more healthy way to increase your feeling of fullness and stay full longer is by eating soups, whole-grains, and fruits and vegetables.

1. It’s the middle of the afternoon and you’re hungry. It’s a long time until dinner, though. Which of the following foods/drinks is the best thing to grab for a snack?
   1. Potato chips and soda
   2. Juice and crackers
   3. Carrots and hummus with sparkling water
   4. Nothing. Power through the hunger and wait until dinner.

Answer: C. Carrots, hummus, and some sparkling water will give you a high-fiber, high-water snack to get you through the afternoon. Just make sure to stick to one serving of hummus. Steer clear of your office’s vending machine, since most of the foods and drinks in them are full of salt and sugar and lacking in fiber. Juice and crackers will give you a short burst of energy, but the sugar and refined wheat will set you up for a crash later. The lowest calorie option, powering through the hunger and waiting until dinner is probably not the best option, either. The hungrier you get, the easier it will be to skip a healthy dinner and go for something that’s fast, convenient, and most likely nutritionally lacking on the way home.