
Six Foods that Keep You Full, Promote Weight Loss, & Prevent Overeating

In my work I'm always looking for simple and wonderfully effective tips that can quickly and easily make your life better and help you achieve your goals. Most people (including yours truly) struggle with food issues, whether it's trying to lose weight or trying to improve not-so-healthy eating habits. This morning I came across a fabulous article written by Prevention Magazine editor-in-chief Liz Vaccariello about foods that can almost effortlessly keep you full and help you meet your weight loss and health goals.

Here are her 6 super foods:

1) Eggs - great source of protein; research shows that eating 2 eggs for breakfast (while on a low-fat diet) helped women lose 65% more weight and decreased their waistlines 83% more than women who didn't!

2) Almonds - rich in monounsaturated fatty acids that suppress appetite. Dieters who eat almonds have been shown to lose 63% more weight and 50% more body fat and shrunk waistlines 55% more compared to people on a high-carb diet.

3) Avocados - also rich in monounsaturated fatty acids and packed with lots of different nutrients, great to throw into a salad to make you more full and keep you satisfied for longer.

4) Apples - eating an apple before a meal can help you lose 40% more weight! wow!

5) Oatmeal - I'm always talking about this low glycemic superfood. The soluble fiber keeps you full for hours, and research shows that if you eat oatmeal for breakfast every day and walk 15-30 minutes a day you might lose up to 10 pounds in 12 weeks. Think you could do that? Who couldn't?!

6) Peanut Butter - I've also been writing about peanuts, and their mysterious weight-loss-promoting properties, for years (it's something that researchers have observed frequently, but weren't always sure why that happened). It could be because they, too, are high in mono-unsaturated fats. Dieters who snack on peanuts or PB lose more weight than those who don't.

Enjoy this good news!

For the full article from Prevention, [click here](#)

About Dr. Biali

Audiences and clients have described Dr. Susan Biali, an award-winning medical doctor, media wellness expert, author, speaker, life coach and flamenco dancer, as "passionate", "real", and "powerful". Formerly a sick, depressed Emergency Medicine resident, Dr. Biali took back her own life and health by learning how to balance her life, listen to her body, and create a life truly worth living. For the past four years, Dr. Biali commuted between her professional life in Canada and her passionate life in Los Cabos, Mexico, where she performed as a professional flamenco dancer for celebrities and exclusive audiences. She and her Latin husband, Armando, even taught Pink how to salsa dance! Today, Dr. Biali teaches others how to discover themselves, create vibrant health, and design the life of their dreams. Frequently featured in media across North America, Dr. Biali is a blogger for Psychology Today, is the weekly wellness expert for the national television program The Daily, and is currently developing her own television show with a team of producers. She has appeared on MSNBC, The Good Life Network, and in Self, Fitness and Hello! magazines, and was even invited to perform flamenco dance on E! Entertainment Television. Her new book, Your Prescription for Life, will be released by New York's Beaufort Books in January 2010. www.susanbiali.com