

## 'The Satiety Index of Common Foods' List

All of the following foods are compared to white bread, which is ranked as "100".

Bakery Products	Snacks and Confectionary	Breakfast Cereals with Milk	Carbohydrate-Rich Foods	Protein-Rich Foods	Fruits
Croissant 47%	Mars Bar 70%	Muesli 100%	White bread 100%	Lentils 133%	Bananas 118%
Cake 65%	Peanuts 84%	Sustain 112%	French fries 116%	Cheese 146%	Grapes 162%
Doughnuts 68%	Yogurt 88%	Special K 116%	White pasta 119%	Eggs 150%	Apples 197%
Cookies 120%	Crisps 91%	Cornflakes 118%	Brown Rice 132%	Baked beans 168%	Oranges 202%
Crackers 127%	Ice cream 96%	Honeysmacks 132%	White rice 138%	Beef 176%	
	Jellybeans 118%		Grain bread 154%	White fish 225%	
	Popcorn 154%		Whole meal bread 157%		
	All-Bran 151%		Brown pasta 188%		
	Porridge/Oats 209%		Potatoes, boiled 323%		

### The list with the most filling food at the top

Potatoes, boiled 323%

Ling fish 225%

Porridge/Oatmeal 209%

Oranges 202%

Apples 197%

Brown pasta 188%

Beef 176%

Baked beans 168%

Grapes 162%

Whole meal bread 157%

Grain bread 154%

Popcorn 154%  
Eggs 150%  
Cheese 146%  
White rice 138%  
Lentils 133%  
Brown Rice 132%  
Honeysmacks 132%  
All-Bran 151%  
Crackers 127%  
Cookies 120%  
White pasta 119%  
Bananas 118%  
Jellybeans 118%  
Cornflakes 118%  
Special K 116%  
French fries 116%  
Sustain 112%  
White bread 100%  
Muesli 100%  
Ice cream 96%  
Crisps 91%  
Yogurt 88%  
Peanuts 84%  
Mars candy bar 70%  
Doughnuts 68%  
Cake 65%  
Croissant 47%

Table adapted from S.H.A. Holt, J.C. Brand Miller, P. Petocz, and E. Farmakalidis, "A Satiety Index of Common Foods," *European Journal of Clinical Nutrition*, September 1995, pages 675-690.