

# 7 Foods That Fight Fat

*Whittle your middle with these naturally low-cal, filling foods.*

By **Shaun Chavis**

Want to get more bang for your bite? These foods do double duty—they help you blast fat and make you feel full longer, so you'll eat fewer calories.

## Eggs

**78**  
CALORIES  
EACH

An egg's not only a nutritional powerhouse, it's also loaded with protein that satisfies. Eat two eggs for breakfast; they'll

curb your appetite enough that you'll have about 330 calories less than usual throughout the rest of the day.

## Dark Chocolate

**170**  
CALORIES  
FOR 1 OUNCE

Just one more reason to indulge: nosh on dark chocolate and you'll eat less at your next meal, according to research from

the University of Copenhagen. Why? Compounds in chocolate slow down digestion and make you feel full longer. A small piece of chocolate (aim for the size of a business card) can also curb your cravings for salty, sweet, and fatty foods.

**Pick an orange ...** instead of OJ. Whole fruit is more filling, so you'll eat less at meals.

## Pine Nuts

**95**  
CALORIES  
FOR ½ OUNCE  
(ABOUT 84 NUTS)

Move over almonds! The heart-healthy fatty acids in pine nuts boost satiety hormones that make you feel full,

according to Korean researchers. The same fatty acids also keep belly fat at bay.

## Cheese

**76**  
CALORIES  
FOR 1 OUNCE

Go for fresh goat cheese or feta for a dose of conjugated linoleic acid (CLA)—it helps you feel full and burn

more fat. Cheeses from grass-fed animals have the most CLA, so buy ones labeled "grass-fed."

## Skim Milk

**86**  
CALORIES  
FOR 1 CUP

Most of us think of milk as kids' stuff, but it boasts grown-up benefits. Milk's proteins (whey

and casein) can make you feel more satisfied than sugary drinks. CLA in milk fights fat, too.

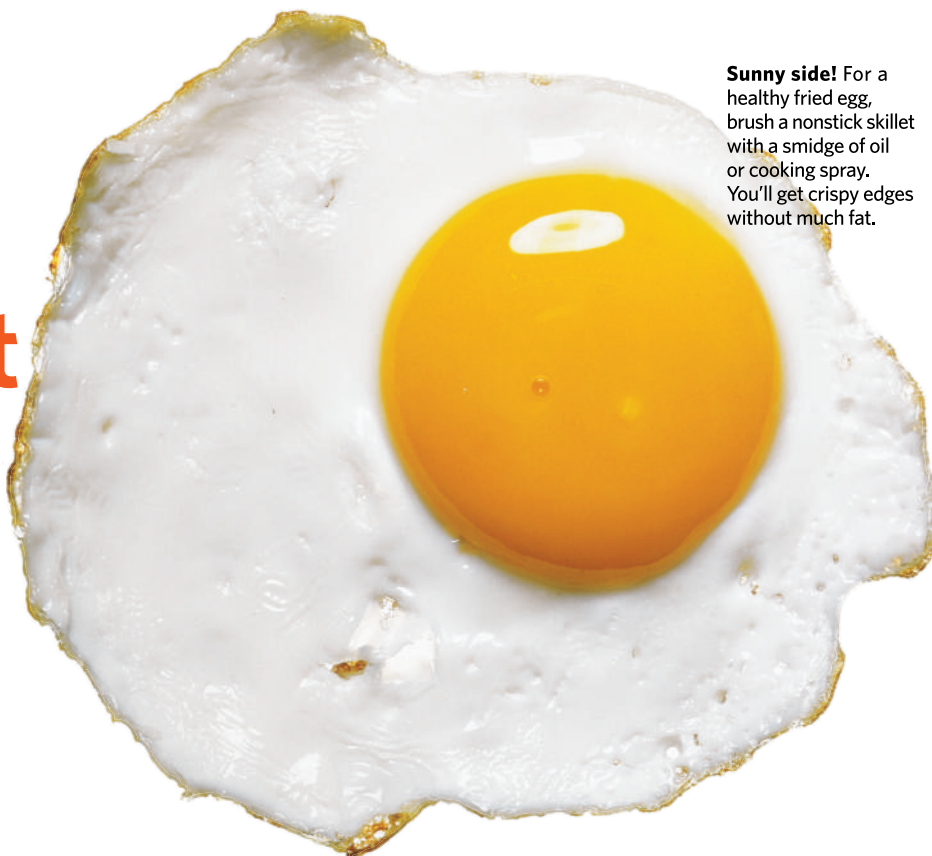
## Oranges

**59**  
CALORIES  
EACH

An orange is one of the most satisfying grabs from the fruit bowl—thanks to all that fiber.

Oranges were the highest-ranked fruit on the "satiety index," a list of 38 filling foods put together by Australian researchers. And

**Sunny side!** For a healthy fried egg, brush a nonstick skillet with a smidge of oil or cooking spray. You'll get crispy edges without much fat.



fiber fights fat: people who eat more fiber have less flab. (Fab!)

## Potatoes

**161**  
CALORIES  
EACH

High-carb spuds often get a bad rap, but they deserve to be a dieter's BFF. Three times

as filling as a slice of white bread, potatoes top all of the foods on the satiety index. Plus, the resistant starch in potatoes help your body burn fat, too. 🍌

