



SATIETY & SATIETY INDEX

by  Fitelo

Index

1

What is Satiety & Satiety Index

2

Indian Foods Ranked by Satiety

3

Disclaimer



1. What is Satiety and Satiety Index ?

Satiety value is the degree at which food gives a human the sense of food gratification, the exact contrast feeling of hunger.

The Satiety Index-tool ranks different foods on their ability to satisfy hunger.

| BAKERY PRODUCTS | SNACKS AND CONFECTIONERY | BREAKFAST FOODS WITH MILK | CARBOHYDRATE RICH FOODS | PROTEIN-RICH FOODS | FRUITS |
|------------------------------------|---------------------------|--------------------------------|--------------------------------|----------------------------|---------------------------|
| Paratha (Plain): 120% | Samosa: 110% | Dalia : 151% | Boiled Rice (Basmati): 138% | Paneer : 146% | Bananas: 118% |
| Naan (Butter): 100% | Peanuts (roasted): 84% | Upma with Vegetables : 125% | Brown Rice: 132% | Lentils (Dal): 133% | Apples: 197% |
| Cake: 65% | Sev Puri/Chaat: 91% | Poha with Milk: 132% | Chapati: 157% | Eggs (Boiled): 150% | Oranges (Kinnow): 202% |
| Biscuits (Marie/ Good Day): 70% | Barfi (low sugar): 96% | Idli with Sambhar: 150% | Boiled Potatoes : 323% | Fish Curry: 225% | Grapes: 162% |
| | Jaggery (Gur): 118% | Oats : 209% | | Chickpeas (Chole): 168% | Guava: 175% |

Observations :

1. Foods higher in fiber, protein, or water content (like lentils, oats, and boiled potatoes) are among the most satiating.
2. Indian snacks like samosas and mathri can offer good satiety but should be consumed in moderation due to higher fat content.
3. Indian breakfast items like dalia, idli, and poha are excellent filling options when paired with protein or milk.



2. Indian Foods Ranked by Satiety

| | | | |
|----|-----------------------|------|---|
| 1 | Boiled Potatoes | 323% |  |
| 2 | Fish Curry | 225% |  |
| 3 | Masala Oats | 209% |  |
| 4 | Oranges (Kinnow) | 202% |  |
| 5 | Apples | 197% |  |
| 6 | Brown Rice | 188% |  |
| 7 | Mutton Curry | 176% |  |
| 8 | Chole | 168% |  |
| 9 | Grapes | 162% |  |
| 10 | Chapati (Whole Wheat) | 157% |  |
| 11 | Multigrain Roti | 154% |  |
| 12 | Plain Popcorn | 154% |  |
| 13 | Eggs (Boiled) | 150% |  |
| 14 | Paneer | 146% |  |
| 15 | Steamed Rice (White) | 138% |  |
| 16 | Dal | 133% |  |

| | | | |
|----|-------------------------|------|---|
| 17 | Dalia | 132% |  |
| 18 | Poha with Vegetables | 132% |  |
| 19 | Upma | 131% |  |
| 20 | Masala Papad | 127% |  |
| 21 | Mathri | 120% |  |
| 22 | Pasta (Whole Wheat) | 119% |  |
| 23 | Bananas | 118% |  |
| 24 | Jaggery (Gur) | 118% |  |
| 25 | Cornflakes with Milk | 118% |  |
| 26 | Idli (Steamed) | 116% |  |
| 27 | French Fries (Homemade) | 116% |  |
| 28 | Besan Chilla | 112% |  |
| 29 | Naan (Butter) | 100% |  |
| 30 | Rava Idli | 100% |  |
| 31 | Kheer | 96% |  |
| 32 | Samosa | 91% |  |
| 33 | Curd | 88% |  |

| | | | |
|----|-------------------|-----|---|
| 34 | Roasted Peanuts | 84% |  |
| 35 | Barfi (Low-sugar) | 70% |  |
| 36 | Gulab Jamun | 68% |  |
| 37 | Tea Cake | 65% |  |
| 38 | Butter Nankhatai | 47% |  |

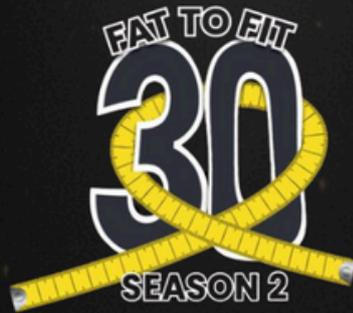
Observations :

1. Potatoes, lentils, and whole grains are the most filling due to their fiber, water, and starch content.
2. Protein-rich foods like eggs, paneer, and fish curry rank high due to their ability to promote fullness.
3. Indian sweets (like barfi and gulab jamun) rank lower as they are calorie-dense and less filling.
4. Fried snacks like samosas and mathri can provide moderate satiety but are high in fat

3. Disclaimer:

This is for general awareness only. Satiety (fullness) varies by individual factors (health conditions, hormones/medications, sleep, stress, activity, gut health). The satiety % rankings are indicative—not guarantees—and can change with portion size, cooking method, and ingredients (oil/ghee/sugar) or food combinations. This is not medical advice; consult a qualified professional if you have any medical condition, are pregnant/lactating, or have an eating-disorder history.





GET UP TO 50% OFF

ON FITELO'S WEIGHT LOSS PLANS

DOWNLOAD THE APP NOW