



Satiety index score

“Rather than merely protein leverage, there appears to be a nutrient leverage effect. Our analysis of one 140 000 days of data from 40 000 people shows that:

- **protein %**,
- **potassium [kalium på norsk]**,
- **fibre**,
- **calcium [kalsium på norsk]**, and
- **sodium [natrium på norsk]**

are statistically significant parameters in the satiety equation that have the greatest influence on satiety. Based on these insights, we have developed a Satiety Index Score that we can apply to any food or meal. ”

<https://optimisingnutrition.com/satiety-index/>



Interactive version of the chart:

<https://public.tableau.com/app/profile/marty.kendall7139/viz/nutrientdensityperservingvsnutrientdensitypercalorie/population?publish=yes>

Per calorie - “The nutrient-dense foods towards the right of this chart contain a lot of nutrients *per calorie*. However, getting enough protein and energy from non-starchy veggies like spinach, asparagus, and watercress alone is hard. If you tried to *only* eat these foods, **[because they are low calorie, while also filling you up, so it is hard to eat enough]** you'd find yourself craving energy-dense [i.e. high caloric], nutrient-poor comfort foods — like the doughnut in the bottom left corner — before long. You also wouldn't get a lot of nutrients because we don't tend to eat these foods in large quantities.”

Per serving - “Meanwhile, the foods toward the top of this chart provide more nutrients *per serving*. You can use these foods to build the foundation of your diet because they provide adequate energy and plenty of nutrients in the amounts we typically consume.”

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