

HIGH-SATIETY LOW-FAT FOODS



spinach (100%)



asparagus (100%)



zucchini (91%)



broccoli (87%)



tomato (72%)



cottage cheese (65%)



blackberries (64%)



carrots (63%)



oranges (62%)



strawberries (62%)



onions (59%)



sirloin steak (55%)



Low Fat

PT Brinkman



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web thermal energy from the hotter object to the cooler object the hotter object will cool down and the cooler one will warm up until they are at the same temperature where there will be no net energy transfer two objects are in thermal equilibrium when there is no net transfer of thermal energy between them solids liquids and gases

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