

HIGH-SATIETY LOW-FAT FOODS



spinach (100%)



asparagus (100%)



zucchini (91%)



broccoli (87%)



tomato (72%)



cottage cheese (65%)



blackberries (64%)



carrots (63%)



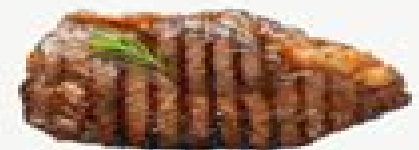
oranges (62%)



strawberries (62%)



onions (59%)



sirloin steak (55%)



Low Fat

Ying-Ying Zheng



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