Six breakfast foods to keep you full for longer

Townsville Bulletin · 5 Jan 2026 · 14

Do you eat breakfast?

Studies have shown people who skip breakfast have poorer concentration, overeat during the day and may be setting themselves up for binge eating.

A satisfying breakfast makes you feel full for longer, so helps with appetite regulation and supports your energy needs throughout the morning.

“Feeling full” is the key to keep a healthy body weight.

We call this the “satiety” factor. Feeling full gives you stable energy levels with no glucose spikes or troughs that can trigger binge eating.

Your gut hunger is in synch with your brain (psychological) hunger.

The key to a breakfast that will keep you feeling full for longer is choosing foods that provide a balance of protein, healthy fats, fibre and low-gi carbohydrates.

These six foods are exceptional in their ability to keep you full for longer!

1

Oats are renowned for their slow release of energy to help you power through the morning.

This is due to the balance of healthy fats, protein and fibre.

They are rich in beta-glucan, a fibre that helps slow digestion, regulate blood glucose levels and promotes a sense of fullness.

Eat oats raw or cooked (porridge), add to Greek yoghurt, add your favourite nuts, seeds, berries, or spice like cinnamon.

2

The cholesterol myth is debunked and an egg a day is part of a healthy diet. Eggs are a protein source providing all nine essential amino acids.

Protein slows gastric emptying and releases “satiety” hormones.

Eggs are nutrient dense (rich in omega 3s, 13 vitamins and minerals including iron, zinc, vitamin E, vitamin D and potent antioxidants lutein and zeaxanthin, for eye health), economical and versatile.

3

Greek yoghurt has a low GI due to its higher protein and fat content.

Try a breakfast bowl with granola (1/4 cup), fruit, handful of nuts and one tablespoon of LSA (linseed, sunflower seeds, almond mix).

4

It’s official — kiwifruit has made it into the guidelines for treating constipation. Eat two to three kiwifruits a day and keep a healthy gut.

Kiwifruits are nutrient dense, high in fibre and contain the actinidin enzyme, and are low GI.

Keep the skin on for a fibre boost.

5

Nutrient dense, low-gi bread will fuel and satisfy your energy levels, especially when combined with a healthy fat and protein like unsalted peanut butter, tahini, avocado, ricotta/cottage cheese, tuna, eggs or baked beans.

6

Chia seeds are incredible in their ability to absorb water. Due to their high content of soluble fibre, they expand many times their size, signalling “satiety” to your gut-brain axis.

They are also high in omega 3 fats.

Tania Mathewson is a senior dietitian (APD/AN) who works for Live Better Nutrition at Waymind in Canberra.

WHOLEGRAIN ROLLED OATS EGG ON GREEK YOGHURT GO KIWIFRUITS WHOLEGRAIN HIGH-FIBRE BREAD CHIA SEEDS