

Do You Eat an Apple or a Salad before your meal. If you are trying to lose weight maybe you should.

DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS
SELF-CHECKS

One of my favorite parts to most of my nightly meals is a salad. I have one most nights of the week. I do it for its nutritional content, which is high because of all the veggie and healthy oil I add to it ([see salad article](#) and [see oil article](#)). I also do it for its effects on satiety. This is confirmed in studies that when adding a low-energy-dense food, such as salad, to a meal can reduce meal energy intake. Other fiber rich foods do the same. Foods high in fiber, such as other non salad veggies, beans, fruits and oats, make you feel fuller and can reduce overeating. Similar results were found with an apple before a meal ([study](#)). In 2007, researchers at Penn State University found that people who ate an apple 15 minutes before lunch consumed nearly 190 calories fewer calories than those who snacked on something else, or ate lunch on an empty stomach. It is a simplified approach to weight reduction since fiber intake may be a reasonable alternative for persons with difficulty adhering to more complicated diet regimens according to this [study](#).

Research Highlights of Salad Consumption Study

- Consuming a low-energy-dense salad at the start of a meal can reduce energy intake.
- In a crossover design, we compared serving a salad before or with the main course.
- Compulsory salad reduced meal energy intake by 11% regardless of when it was eaten.
- The effect of timing depended on participant scores for flexible dietary restraint.
- Maximizing salad intake was an effective strategy for reducing meal energy intake.