



HUNGER CONTROL

Ways to Control Your Appetite



How to suppress appetite naturally?

The secrets behind hunger control



Knowing what type of foods your body should consume can help you control your appetite and avoid the tendency to overeat. Starving yourself can cause a relapse in your system, making you overeat and cause an imbalance in your body. That's why it is important to eat the right foods in the right amounts to reduce cravings and hunger. If you want to learn how to keep cravings away by consuming appropriate foods, read below.

01

PROTEINS



Foods rich in protein are low in calories but high in satiety, meaning they can make you feel full sooner than usual.

According to a study in the Journal of the American College of Nutrition, There is sufficient evidence that having a high protein diet increases thermogenesis and satiety in the body as compared to lower protein diet.

There is convincing evidence that a higher protein intake increases thermogenesis and satiety compared to diets of lower protein content. High protein intake lead to a reduced subsequent energy intake which may result in an increased weight loss

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02

HIGH-FIBER FOODS

Fiber-rich foods have a unique quality; These foods do not break down fast, so they slow down digestion. This leaves you with the feeling of being satisfied throughout the day.

Decreasing the rate of digestion prompts the release of hormones that make you feel full.

Some high fiber foods include beans & legumes, whole grains, fruits, vegetables, and nuts.



03

HEALTHY FATS

As per the study conducted by the European journal of clinical nutrition, Omega-3 fatty acids may increase leptin levels, a hormone responsible for decreasing appetite.

Consuming healthy fats from natural sources like avocados, olive oil, and nuts can help you control your hunger. Be aware that diets with low levels of fat may increase your hunger, making it difficult for you to follow them.

04

LOW-CALORIE FOODS

Choosing foods that are low in calories and high in nutrients, such as fruits, vegetables, whole grains, and beans, can help you stay less hungry while allowing you to burn more calories than you consume.

05

WATER

Drinking water just before your meal not only minimizes the calorie intake but is also an effective way of suppressing your appetite.



06

MINDFUL EATING

The brain plays a significant role in determining what and when to eat. By focusing on when to eat, you can control your hunger to a certain extent. While eating, you must concentrate on eating.

By not being distracted, your brain will be able to recognize signals of hunger and fullness. This will minimize binge eating and decrease your craving for food.



Still feeling unsure about how to lose weight? Burn calories and keep your hunger pains away by using DrNewMed weight loss plan. Carefully modeled by our doctors to make sure your body is in check without losing out on the nutrients required for your body. Visit our weight loss clinic in Arizona or schedule a virtual appointment with us.