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HUNGER MANAGEMENT

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INCREASE PROTEIN AND HEALTHY FATS IN YOUR DIET

Not all foods satisfy hunger equally. Compared to carbohydrates, proteins and some fats are more effective at satisfying hunger and keeping you feeling fuller longer.

A person can replace some of the carbohydrate sources with proteins and healthy fats to keep their appetite in check.

Dietary recommendations include the following high protein foods:нежирное мясо

- eggs
- beans and peas
- soy products
- greek yogurt

It's also important that a person gets their healthy fats from natural sources such as nuts and seeds, avocados, and olive oil.

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DRINK WATER BEFORE EACH TAKE

Drinking a large glass of water just before a meal has been found to make a person feel fuller, more satisfied, and less hungry after eating.

This water can reduce the amount of food you eat and can make you feel fuller after a small snack.

One study also examined appetite in 50 overweight women, and the results showed that drinking 1.5 liters of water per day for 8 weeks caused a decrease in appetite and weight, and also led to more fat loss.

By the way, a light soup can also quench your appetite. A 2007 study found that people reported feeling full immediately after eating if they had a liquid meal first.

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ADD FIBER RICH PRODUCTS

Fiber itself is not a significant source of calories, but it acts as a hunger suppressant. Fiber is not broken down like other foods, so it stays in the body longer. This slows down digestion, helping people feel full throughout the day. However, more research is needed to determine which fiber sources are most effective for suppressing appetite.

In general, high-fiber foods such as vegetables, such as fruits and whole grains, are already highly valued for fighting hunger because of their bulk. The higher the fiber content in food, the more it suppresses hunger.

You should understand that boiled rice with a protein block can keep you full for several hours, while simply adding vegetables to this meal will keep your hunger in check for even longer.

You need to be more careful with fiber and its appearance in case of gastrointestinal diseases!

MANIPULATE YOUR VOLUME AROUND HUNGER

The feeling of hunger is not constant. Hunger can vary throughout the day depending on your routine, mood, stress level, etc.

More often than not, people are much less hungry in the morning than when they return home after a day at work. Such hunger needs to be managed by adjusting the timing and size of meals, eating small, mostly protein meals early in the day, and bulky meals with fiber closer to the peak of hunger.

If your hunger fluctuates predictably in a certain way throughout the day, use it.

It is also worth remembering that any activity reduces appetite, so do not forget to build the right techniques before and after training / active walks. A review based on 20 different studies found that appetite hormones are suppressed immediately after exercise, especially high-intensity exercise.



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