



Less Craving, More Weightloss

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It's 9 p.m. You've been good all day. No fries with that extra lean chicken sandwich on thin pita bread, water with lemon instead of a sugary ice tea. But now as you relax with your favorite guilty pleasure TV show, your tummy is rumbling. You're hungry. And that box of yogurt-covered pretzels is calling your name.

From heart disease to diabetes to osteoarthritis, extra weight can make many chronic conditions worse. But "diets" are not the ultimate solution, as we all know too well. What does help is slowly altering your emotional relationship with food as well as you biochemical one. A good strategy is to satisfy your cravings with foods that will help quell your desire sugary, fatty junk.

A [recent study](#) says it all starts at breakfast.

Heather Leidy, an assistant professor in the Department of Nutrition and Exercise Physiology, says eating a breakfast rich in protein significantly improves appetite control and reduces unhealthy snacking on high-fat or high-sugar foods in the evening, which could help improve the diets of more than 25 million overweight or obese young adults in the U.S.

In 2013, Leidy examined the impact of breakfast on daily appetite and evening snacking in young people who habitually skip breakfast. In her study, 20 overweight or obese adolescent females ages 18-20

who usually skipped breakfast, instead ate a high-protein breakfast consisting of eggs and lean beef, or ate a normal-protein breakfast of ready-to-eat cereal. Every breakfast consisted of 350 calories and was matched for dietary fat, fiber, sugar and energy density. The high-protein breakfast contained 35 grams of protein. Participants completed questionnaires and provided blood samples throughout the day.

Prior to dinner, a brain scan using functional magnetic resonance imaging (fMRI) was performed to track brain signals that control food motivation and reward-driven eating behavior.

The consumption of the high-protein breakfast led to increased fullness or “satiety” along with reductions in brain activity that is responsible for controlling food cravings. The high-protein breakfast also reduced evening snacking on high-fat and high-sugar foods compared to when breakfast was skipped or when a normal protein, ready-to-eat cereal breakfast was consumed, Leidy said.

“Eating a protein-rich breakfast impacts the drive to eat later in the day, when people are more likely to consume high-fat or high-sugar snacks,” Leidy says. “These data suggest that eating a protein-rich breakfast is one potential strategy to prevent overeating and improve diet quality by replacing unhealthy snacks with high quality breakfast foods.”

Least you think her small study applies only to appetites of young women, [research](#) presented at recent Obesity Society’s annual scientific meeting in Atlanta shows that eating high protein sausage and egg-based breakfasts curbed hunger throughout the morning, compared with a low-protein breakfast (pancakes and syrup) or skipping breakfast, in 18-55-year-old women.

SMART CHOICES QUELL CRAVINGS

Registered Dietitian Nutritionist Vicki Shanta Retelny helps many clients achieve their nutritional and weight goals. The secret behind protein, she says, is that it helps stabilize blood sugar. “It won’t turn into glucose but it will stabilize blood sugar and help you feel fuller longer,” she explains, “It takes your body longer to burn protein (compared to carbohydrates) so it keeps your metabolism humming

along.”

How can you get enough protein? Retelny recommends these sources:

- 3oz of turkey or chicken sausage
- Lox on a thin bagel with smear of cream cheese
- Greek yogurt (has more protein than other types)
- High protein cereals with milk
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FIBER FOR WEIGHT CONTROL AND HEART DISEASE

You’ve likely heard the role that fiber plays in reducing hunger and therefore cravings go down too. The equally beneficial bonus of fiber is its affect on heart disease. In the United States, **heart disease is the leading cause of death for men and women**. It’s a dire statistic and one we can all do something about.

Whether it’s you or someone you love, get more fiber into your diet, now. It can help with weightloss and more importantly; it just might save a life. A **report** in the British Medical Journal (BMJ) found that fiber could significantly lower the risk of heart disease. The researchers at the University of Leeds said that adding 7 grams of fiber more per day made a difference. You can get an additional 7grams through one portion of whole grains (found in bread, cereal, rice, pasta) plus a portion of beans / lentils or two to four servings of fruit and vegetables.

It may take some time to learn to adjust your food choices but you’ll find that after a few weeks you’re body will be more satisfied. Losing and maintaining a healthy weight is not about deprivation. It’s about re-adjusting your food choices to return your body to a healthier state. One that feels better, moves better and yes looks better too. For more great ideas on healthy eating and delicious recipes check out Retelny’s website: **simple cravings real food**.

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