

## How can you control your Weight without Hunger?

When you choose foods that take you longer to eat and are low in calorie density, it will help you consume less calories and you will feel full.

**The good news is that you don't have to give up foods that taste great!** Feeling full after a meal results in a complex signal to stop eating, called satiety (fullness). The satiety-attained power of a food refers to the ability of that food to reduce feelings of hunger. The satiating power of a variety of common foods fed in 240-calorie portions was measured in human volunteers. This study showed that foods with higher water content, more fiber and fewer calories per ounce were generally associated with feeling more satisfied. Let me give you an example. A medium sized baked potato reduces hunger more than an ounce of potato chips even though they both contain the same amount of calories.

Choosing foods that fill you up on fewer calories allow you to control your weight without dieting or chronic hunger. In general, *foods that take longer to eat (and slow caloric intake) tend to provide more fullness.* Here is another example. If you would eat about 4 oranges (approx. 240 calories) or 2 pounds of cherry tomatoes, which would take you longer to eat than a small bag of M&Ms or 1.5 ounces of peanuts (in addition to their lower calorie density)? No doubt, the oranges and tomatoes, but they would supply you with a lot more fiber, which is likely to enhance satiety as well. Natural whole foods like potatoes, oatmeal, whole-wheat pasta, brown rice, fruits, vegetables, and beans have a high satiating power. Prepared and refined foods like crackers, bagels, cookies and candy have less. **Why?** Whole foods have a much higher fiber content and they digest more slowly and less completely. The result is, more calories and fiber is reaching the latter part of your small intestine. Research suggests that this results in a powerful fullness signal, which keeps you from getting hungry. **Do I have to give up all tasty foods to lose weight?**

No! Reducing calorie concentration while maintaining palatability (this means the taste of the food) is not impossible. Not all high calorie dense foods are palatable and not all low calorie dense foods are unpalatable. For example, fresh ripe strawberries can be very palatable at only 137 calories per pound, whereas vegetable shortening at 4040 calories per pound is quite unpalatable. Your best bet for foods that are low in calories and high in palatability are low-fat versions of: soups, stews, chili, pasta dishes, rice dishes, stir fry's, baked potatoes, fruits, steamed vegetables and salads with low-fat dressing. The creative use of spices and condiments can all be used to make a lower calorie dense diet more palatable without increasing its calorie density.

**Does tasty food cause you to overeat?** No! Research in both animals and people clearly show that they don't eat more calories simply because their food tastes better. It appears that the calorie density of the diet is far more important in affecting fullness and food intake than the palatability of the diet. **Your Golden Rule** When you try to [lose weight](#), reduce the calorie density of the diet while maintaining a reasonable degree of palatability may prove to be the best strategy for you to lose body fat and keeping it off, especially when you combine this with regular exercise.

The easiest way for you to do this is to greatly increase your intake of fruits, vegetables whole grains and beans. Try to omit or limit foods that have a high calorie density such as cookies, candy, doughnuts, baked goods, crackers, potato chips, whole dairy products, and fatty meats. **Is there anything, which can help me in achieving my goal to lose weight?** Yes! It is called [Dietrine Carb Blocker](#). Dietrine is magnetically attracted to lipids and has the ability, acting like a sponge, to significantly prevent fat in the digestive tract from being absorbed. Dietrine Carb Blocker contains no ephedra, no ma huang, no ephedrine and no stimulants!

## About the Author

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