

The Single Most Important Step to Lose Weight

The single most important step to lose weight and avoid overeating is to include real, whole, unprocessed foods in your diet. That means eating vegetables, fruits, beans, nuts, seeds, olive oil, organic, range, or grass-fed animal products (poultry, lamb, beef, pork, eggs), and small wild caught fish such as salmon.



Satiety

Essential nutrients such as fat, protein, and prebiotic fiber help you feel full and satiated. It is not just about feeling full, it's also about staying comfortably full—that's satiety. David Katz, MD, MPH past president of the American College of Lifestyle Medicine explains, "Fullness is transient and satiety, on the other hand, lasts.

Eat Slowly to Maintain a Healthy Weight

In addition to eating fat, protein and prebiotic fiber, research tells there are more factors that influence satiety—the characteristics of your food (as in what it looks like, how it smells, its texture), your senses, and your environment – the time of day and even the temperature of the room make a difference.

Leptin, the “feel full” hormone that is released by fat cells, and ghrelin, a hormone that stimulates hunger, are the biggest contributors to satiety. Research suggests that leptin hormone slowly raise baseline levels of dopamine, the neurotransmitter that helps control the brain’s reward and pleasure centers. Specifically, over time, high leptin levels may make you less likely to eat just for the sake of eating, which can help you maintain a healthy weight.



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