



*20 foods that are.*

NATURAL  
APPETITE  
SUPPRESSANTS

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## COFFEE

a moderate amount of coffee can help boost metabolism and suppress your appetite



## CINNAMON

Cinnamon helps lower your blood sugar levels, which helps to control your appetite

## OATMEAL

The type of carbs in oatmeal are slow-digesting and keep you feeling full for hours after breakfast, suppressing the hunger hormone ghrelin.

## GINGER

Ginger works as a stimulant that energizes the body and improves digestion, thereby making you less hungry





## CHIA SEEDS

Chia seeds are a great source of omega-3s, protein, and fibre – all of which can help suppress hunger



## VEGETABLE JUICE

When people drank vegetable juice before a meal, they ended up eating 135 fewer calories

## DARK CHOCOLATE

Just a little dark chocolate with at least 70 percent cocoa helps to lower your cravings because the bitter taste signals the body to decrease your appetite. Not to mention that the steric acid in dark chocolate helps slow digestion to help you feel fuller longer

## GREEN TEA

Green tea can help you to stop mindlessly snacking, and nutritionists say that the catechins in green tea help to inhibit the movement of glucose into fat cells, which slows the rise of blood sugar and prevents high insulin and subsequent fat storage





## EGGS

Another protein-packed food is eggs, which studies have shown can help you control your appetite for up to 36 hours. Try them at breakfast!



## VEGETABLE SOUP

A hot, broth-based vegetable soup can fill you up in a hurry and take the edge off of your hunger with minimal calories.

## SWEET POTATO

Full of vitamin A and C, potatoes contain a special type of starch that resists digestive enzymes, making them stay in your stomach longer and therefore keep you full.



## AVOCADO

Full of fiber and healthy monounsaturated fat, avocados suppress appetite when eaten in moderation sending signals to your brain that tell your stomach that it's full





## ALMONDS

Just a handful of almonds is a rich source of antioxidants, vitamin E, and magnesium. Almonds have also been shown to increase feelings of fullness in people and help with weight management



## SALMON

When you eat fish like salmon (or tuna and herring) that are high in omega-3 fatty acids, your body increases the amount of the hormone leptin in your system. Leptin is known for suppressing hunger

## CAYENNE PEPPER

Just half a teaspoon of cayenne pepper can boost metabolism. Not to mention that adding cayenne pepper cuts an average of 60 calories from the next meal



## FLAX SEEDS

The perfect addition to your yogurt or salad. Ground or whole, flax seeds help you to stay satiated and fueled thanks to a mix of soluble fiber and essential fatty acids





## APPLES

Apples are filled with soluble fibre and pectin, which help you feel full. Apples also regulate your glucose and boost your energy level.



## SALAD

Just a cup or two of veggies before your meal is all it takes to signal to your brain that you're getting calories and nutrition

## LEAFY GREEN VEG

From spinach to Swiss chard, these fibrous greens are delicious and definitely keep hunger at bay



## TOFU

Tofu is high in an isoflavone called genistein, which has been shown to suppress appetite and lower food intake

