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Is there a foolproof plan to curb hunger pangs and achieve weight loss goals? by [Shaily Brown](#)

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Curbing in-between meal hunger pangs in order to stay on track with your weight loss goals is one of the essential things that you need to keep in mind while moving forward. Suppose you are on your way to pick up the kids or to the gym, and “bam!” hunger hits you. The next thing one would do is pull into a drive through and order something to eat. So the fact is that even if you have been following a healthy diet regime, the feeling of “I have to eat now” can spoil your weight loss plans. It has been discovered that what your food tastes like and when you eat can play a crucial role in setting a pattern for your hunger pangs to occur. Most people rely on various natural appetite suppressants to keep a control over their food cravings to maintain calorie equilibrium in the body. On the basis of the suggestions put forth by most leading nutritionists, below are some of the essential tips to maximise your satisfaction and keep your hunger at bay:

Choose the right time to eat right food “In order to tune in to hunger signals of your body, it is essential to eat at specific time every day. Eating haphazardly can severely impact your weight loss goals. In an experiment, a group of women were asked to eat at either different times or at the same time each day. As a result, those who followed a predictable eating pattern were the ones who ate less than those who followed an uneven time pattern to eat every day. You need to keep a track of and review your food diary to identify the times when you are most vulnerable to experience severe food cravings. In order to garner the benefits of appetite suppressants, follow a pattern of eating and sleeping that can help you keep a control over your appetite.

Eat your breakfast, just the right kind “Experts suggest that the choice foods during breakfast can directly impact how satisfied you feel for the rest of the day. Building a morning meal that includes both carbohydrates and protein foods is one of the keys behind making your breakfast curb your hunger pangs till lunch. In order to get sustained energy for the body, you can combine some complex carbohydrates along with protein in the morning. You can choose “no fuss” diet with egg whites on toast, a slice of cheese on whole-meal bread, and skimmed milk with wholegrain cereal.

Drink healthy beverages “One of the things to keep in mind is that consuming too many caloric beverages can end up making you feel unsatisfied. In a research, some people were given extra calories in the form of either solid or liquid foods. As their eating pattern was observed, those who were on the solid foods ate less during the day as compared to those were on liquid foods. Chewing is one of the reasons behind this eating pattern as it can help in the release of the hormones that are responsible for making you feel full. Water is considered as one of the most effective appetite suppressants, which is commonly used in our daily life. Try to include a regular exercise regime along with your diet plan to enhance your weight loss goals.

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Shaily writes articles on health related issue and medication. Among her many written articles one is on a [appetite suppressants](#). Know more about natural appetite suppressants to suppress your appetite and a [lose weight](#) effectively.

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