**Ways to Stop Feeling Hungry**

Losing weight should really be an easy thing to do. After all, if you burn more calories, your body has to use up fat stores for energy and you will naturally lose weight. Therefore, in order to lose weight, you should simply eat less – easy, right?

It’s one of those pieces of advice that is easy to dish out but not easy to follow, especially when hunger pangs strike. Research has shown that diets that force you to go hungry end up being worse for your wellness in the long run.

Fortunately, there are several tricks that can help you feel fuller for longer. There are simply everyday things that you can try, such as eating an apple before your meal or eating on your own to help with satiety levels.

Retail giants, M&S have recently been attempting to fill a hole in the market with their new range of “Feel Fuller for Longer” meals. They are high in protein but not in calories. Therefore the hunger pangs are kept at bay whilst reducing your overall calorie intake.

Everyday foods can do a pretty good job of making you feel fuller for longer. A study carried out by the department of Exercise and Nutritional Sciences at San Diego’s University found that eating plums kept people feeling fuller than eating biscuits.

People are all born with an inbuilt satiety monitor, which prompts us to stop eating when we feel full. As we get older, we often override this, eating more than we feel hungry for. Another way to eat less is to gradually retrain your body to respond to appropriate hunger cues, such as not feeling the desire to ‘clear your plate’ and being happy to leave food when you feel you have had enough.