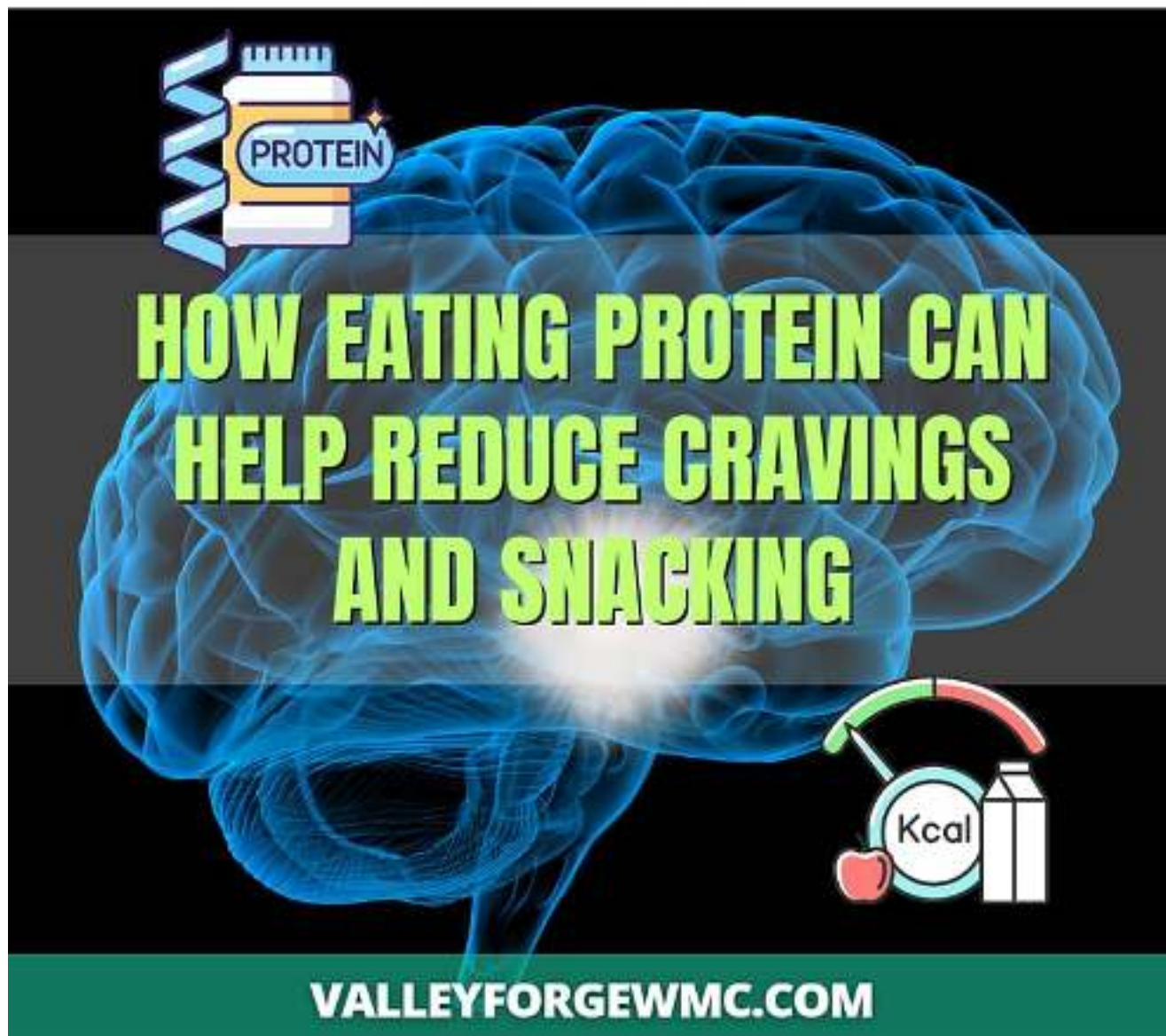


How Eating Protein Can Help Reduce Cravings and Snacking

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Are you tired of constantly struggling to reduce cravings and snacking throughout the day? You're not alone. Many people struggle with this, but the good news is that there is a solution: **protein**. Incorporating protein into your meals and snacks can actually help reduce cravings and keep you feeling full longer. In this blog, we'll dive into the science behind how

protein affects our hunger levels and offer some delicious and satisfying protein-rich snack ideas to help reduce cravings. So, grab a handful of almonds (a great source of protein!), and let's get started!

Protein is an essential nutrient that plays a crucial role in many bodily functions, including building and repairing tissues, producing enzymes and hormones, and maintaining healthy skin, hair, and nails. It also helps keep us feeling full longer, which can be beneficial for weight management.

When we eat protein-rich foods, the body releases hormones ([ghrelin in particular](#)) that signal the brain to reduce hunger and increase feelings of fullness. This means that incorporating protein into your meals and snacks can actually help curb cravings and prevent overeating.

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Benefits of Eating a High-Protein Diet

Protein is a vital nutrient required by our body to function correctly. It is one of the three macronutrients, along with carbohydrates and fat, that provide energy to our body. Protein is essential for the growth and repair of tissues in our body. **Unlike fat and carbohydrates, protein is not stored in our body, and we need to consume it through our diet regularly.** In this blog post, we will explore why we need to eat protein and how it benefits our body.

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Protein is made up of twenty different amino acids. **Nine of these amino acids are essential, meaning our body cannot produce them on its own, and we need to get them through our diet.** The other eleven amino acids are non-essential, meaning our body

can produce them on its own. These amino acids are required for various functions in our body, including muscle building, tissue repair, hormone production, and enzyme production.

An increased intake of high-quality protein has been found to **aid in the regulation of energy intake, improve body weight management, and reduce cravings**. These benefits are essential in preventing and treating obesity. By incorporating adequate amounts of protein into your daily diet, you can improve your overall health and achieve a healthy lifestyle. [1][2]

Protein is **essential for muscle building and repair**. When we exercise or do any physical activity, our muscle tissues break down. Protein is required to repair these tissues and build new muscles. This process is known as muscle protein synthesis. When we consume protein, it breaks down into amino acids, which are the building blocks of proteins. These amino acids are then used to repair and build muscles in our body. Therefore, consuming adequate amounts of protein is crucial for people who are into bodybuilding or any physical activity that requires muscle strength.

Protein plays a **crucial role in our body's metabolism. It increases our metabolic rate**, which is the rate at which our body burns calories. When we consume protein, our body needs to use more energy to digest and absorb it than it does for carbohydrates and fat. This process is known as the thermic effect of food (TEF). Consuming protein can increase our TEF by up to 30%, which means that our body burns more calories when we consume protein compared to when we consume carbohydrates or fat.

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Dietary Protein Requirements for Optimal Health and Function

To ensure optimal health and function, it is important to consume an adequate amount of dietary protein. The recommended dietary allowance for protein is **0.8 grams per kilogram of body weight per day**, which is roughly 10% of daily intake. However, recent studies suggest that increased protein intake within the acceptable macronutrient distribution range (10-35% of daily intake) may provide additional benefits such as improved body weight management and energy intake regulation. Therefore, individuals should consider incorporating higher protein meals and/or diets into their overall nutritional plan for optimal health and function. [3][4] It is important to discuss with a qualified healthcare professional as how much is enough. Excessive protein intake can affect kidneys and may not offer any additional benefits. At [Valley Forge Weight Management Center](#), [Dr. Adarsh Gupta](#) will recommend your optimal protein intake based on your health conditions and weight status.

Protein and Body Weight Management: Meta-Analysis Results

To manage body weight, incorporating higher protein diets can be beneficial. According to a meta-analysis of 24 randomized controlled trials involving overweight and obese individuals, higher protein diets lead to greater reductions in body weight and body composition compared to standard protein diets. Additionally, increased dietary protein intake promotes overall health and falls within the acceptable range of daily intake. These findings provide clinical evidence supporting the role of higher protein meals in body weight management. [5][6]

Protein and Appetite Control: fMRI Study Findings

Protein is essential for appetite control, according to a study using functional magnetic resonance imaging (fMRI). Participants who ate a protein-rich breakfast experienced reductions in brain activation related to food motivation and reward-driven eating behavior, leading to increased satiety and decreased hunger throughout the day. Incorporating protein into meals can help prevent unhealthy snacking, overeating, and reduce cravings making it an effective strategy for improved appetite control. [7][8]

Protein-Rich Breakfasts Increase Satiety and Reduce Hunger

One effective strategy to reduce cravings and snacking is to incorporate protein-rich foods into your breakfast. Research has shown that eating a high-protein breakfast increases satiety and reduces hunger throughout the day. This is because protein activates the body's signals that curb appetite, leading to reduced cravings and overeating. Simply swapping sugary and fatty breakfast options with protein-rich foods can be a simple and effective strategy for controlling appetite and improving overall health. [9][10]

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Pancakes with Chocolate Chips



Oatmeal with Apples and Cinnamon



Maple and Brown Sugar Oatmeal with Fiber

Protein is found in a variety of foods, including meat, fish, eggs, dairy products, nuts, and seeds. Animal sources of protein, such as meat, fish, and eggs, are considered complete protein sources as they contain all the essential amino acids required by our body. Plant sources of protein, such as beans, lentils, and nuts, are considered incomplete protein sources as they lack one or more essential amino acids. However, consuming a combination of plant-based proteins can provide all the essential amino acids required by our body. Therefore, it is essential to include a variety of protein sources in our diet to meet our daily protein requirements.

If you're looking for some protein-rich snack ideas, try some of these delicious options:

- Apple slices with almond butter
- Greek yogurt with berries and nuts
- Hard-boiled eggs
- Cottage cheese with chopped veggies and herbs

- Roasted chickpeas
- Edamame
- Jerky or meat sticks
- Cheese and whole grain crackers

So, next time you're feeling hungry, reach for a protein-rich snack to help keep you satisfied and energized throughout the day.

Protein vs. Sugar and Fat: The Snacking Battle

To win the snacking battle, protein is the way to go. Compared to sugar and fat, protein has a higher satiety value and reduces hunger hormones while boosting appetite-reducing hormones. This leads to a reduction in calorie intake and helps prevent any unhealthy snacking habits. By replacing carbs and fat with protein, one can automatically lower their calorie intake without counting calories or consciously controlling portions. So, when it comes to snacking, protein is the winner! [11][12]

A Simple Strategy for Improved Appetite Control

To improve appetite control, incorporating a healthy breakfast with protein-rich foods is a simple strategy. Eating a protein-rich breakfast increases satiety and reduces hunger throughout the day, which can prevent overeating and snacking on unhealthy foods. A study conducted by the University of Missouri found that breakfast-skipping teens who consumed protein-rich breakfasts experienced greater changes in appetite, satiety, and reward-driven eating behavior. Eating a protein-rich breakfast can be an effective strategy to improve appetite control and prevent overeating. [13][14]

Protein and Young People: Breakfast Skipping and Overeating

To help young people avoid overeating and unhealthy snacking, it's important to encourage them to eat a protein-rich breakfast. Studies show that breakfast skipping is strongly linked to weight gain and obesity, and approximately 60% of teenagers skip breakfast on a daily basis. By incorporating protein-rich foods like eggs, Greek yogurt, or tofu into their morning meal, young people can experience increased feelings of fullness and reduced hunger throughout the day. This simple strategy can lead to improved appetite control and prevent overeating. [15][16]

The Role of Protein in Preventing Obesity and Unhealthy Eating Habits

Eating a diet rich in high-quality protein has been shown to be a beneficial dietary strategy for preventing and treating obesity. Clinical evidence supports the role of higher protein meals and/or diets in promoting overall health, including improvements in energy intake

regulation, body weight management, and appetite control. Increasing protein intake can also reduce cravings and the desire to snack at night, making it easier to stick to a healthy eating plan and prevent unhealthy eating habits. [17][18]

Concluding Remarks: The Importance of Protein in a Healthy Lifestyle

To maintain a healthy lifestyle, it is important to consume enough protein to prevent muscle loss, promote muscle growth during strength training, and reduce cravings and snacking. Studies suggest that a high-protein diet has major benefits for weight loss, metabolic health, and bone health. It may also help prevent muscle loss during weight loss. Individuals should aim to consume high-quality protein from sustainable sources, including plant proteins. Increasing protein intake and frequency of consumption may be necessary to achieve optimal health benefits. [19][20]

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To learn about how our **medical weight loss program** works, please [visit here](#). The details of our **Gold Personalized Subscription plan** are [here](#).

Dr. Adarsh Gupta(a bariatrician) provides one-on-one consultation to uncover the factors leading to weight gain and provides a personalized plan to help achieve sustainable weight loss. If you have questions and would like to discuss if the program is suitable for you, please schedule a **FREE 15-minute online consultation** with the physician. To **book an appointment, click here**.

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