

Seven Reasons Why Are WE Eating More



Time of Day

Through routine, we condition our bodies to expect breakfast, lunch and dinner at the same time each day. Part of the reason you're hungry at noon is because that's the time you've eaten for the last 100 days.



Sight

Research using MRIs shows that brain patterns of people viewing photos of foods they like and foods they don't like are "very different," Seeley says. "The body anticipates when food is about to enter the system." And that's why your mouth starts watering when you see Mom's pie.



Variety

Even after eating a large meal, we often "make room" for dessert, because a desire for sweets hasn't been satisfied. Sometimes all it takes is a bit of fruit in a salad during a meal to curb a sugar craving.



Smell

Scent is one of the key ways we cue our bodies that food is near. Once the trigger goes off, it can induce the insulin secretion that makes us think we're hungry. Smell and sight alone activate the appetite cascade.



Alcohol

Drinking has not been scientifically proved to stimulate appetite, but too much beer, wine or liquor can impair judgment, causing us to eat more. Most people who are on a diet will say it's a lot harder to push themselves away from the table if they've been drinking.



Temperature

The colder the temperature, the more people tend to eat, which is why restaurants often keep thermostats low. Your metabolism drops when it's time to eat, and eating warms you up.



Refined Carbs

After a meal heavy in refined carbohydrates, like white pasta, the body may crave food again within only a few hours. These foods cause blood sugar to drop, and when our blood sugar is crashing, we're going to be a lot more interested in food in general.

Four Ways on How to Curb Your Appetite



Eat Fiber

Unrefined foods, especially those that are high in fiber, stimulate appetite-suppressing hormones and make you feel full



Brush Your Teeth

Take a break from that ice cream to brush. The flavor change helps you resist eating more



Be Consistent

Eating breakfast and regularly scheduled meals keeps hormone levels steady and quashes hunger pangs



Slow Down

It takes a while for the brain to realize that the stomach is stretching. Eating slowly gives the brain time to catch on

Four Diets Plans

The Atkins Diet

Philosophy Cut carbohydrates—they make you hungrier. Load up on fats and proteins.



How It Works When the body takes in very few carbs, it gets its energy by burning fat instead of carbs. This occurs when the liver turns stored fat into chemicals called ketones, which are used for fuel (and can give you less-than-fresh breath).

Downside Long-term adherence. It's hard to stick to a diet that restricts such a big chunk of the food pyramid.

The Weight Watchers Diet

Philosophy Portion control. Nothing is off-limits, but everything must be in moderation.



How It Works Smaller portions mean fewer calories are taken in, so less fat gets stored. A point system assigns a value to portions of all sorts of foods to help tabulate—and limit—daily consumption. To lose half a kilogram a week, you generally need to consume 500 fewer calories a day.

Downside Hunger. Small portions can leave stomachs growling.

The Ornish Diet

Philosophy Kiss meat goodbye. Cutdown on fats and simple carbs like sugar and alcohol.



How It Works At nine calories per gram, fat is more than twice as dense as protein and carbs. Thus dieters can consume the same amount of food but still lose weight if they eat less fat. Focusing on complex carbs like whole grains helps stabilize blood sugar, and lots of fiber increases satiety.

Downside Strictness. Giving up meat is hard, but no fatty nuts or avocados? Sheesh.

How About the Plate Method?



This is one of the most basic methods to begin with when attempting to eat healthfully with diabetes. Basically, think of your plate divided into 3 sections. Fill half of your plate with low-carbohydrate vegetables, such as, broccoli, green beans, cabbage, zucchini, or cauliflower; fill $\frac{1}{4}$ of your plate with lean protein such as baked chicken, fish, or pork and fill the remaining $\frac{1}{4}$ of your plate with a healthy carbohydrate such as brown rice, sweet potato, or whole-wheat bread. You can also add one serving of fruit (1 small piece of fruit or 1 cup fresh fruit) and 1 cup skim milk or 8 ounces light yogurt. The picture below displays the plate method.