

FTO (Overeating)

Gene Report

REPORT CATEGORIES —



NUTRITION



WEIGHT & BODY FAT

Sample Client

Report date: 15 January 2026

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Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

82 Next Steps

- 82 Your Lab Results

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Hunger is the body’s signal to eat. When you are hungry, you may experience [\[R\]](#):

- Rumbling stomach
- Headache or feeling lightheaded
- Feeling tired or irritable
- Difficulty concentrating

When we eat, we experience *satiety*. This is the feeling of fullness between meals [\[R\]](#).

The foods we choose and how much we eat determines how long we can go between meals. Some foods are more filling than others. For example, foods with more protein or fiber are more filling. Beverages and sweets tend to be less filling [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Most people can go hours between meals before feeling hungry again. For those who can’t, feeling more hungry and eating more often can lead to overeating and weight gain [\[R\]](#), [\[R\]](#).

In addition, some people eat when they are not physically hungry. This can happen when people confuse hunger with thirst. It can also happen in response to environmental cues (*cravings*) or stress (*emotional eating*). We often ignore the feeling of satiety when we eat in response to these cues [\[R\]](#), [\[R\]](#), [\[R\]](#).

Genetics of Hunger and Overeating

 PERSONALIZED TO GENES

Based on the variants we looked at, you may be less likely to feel hungry after meals and to overeat. You may also be less likely to eat in the absence of hunger.

Genetics may play a role in how often you feel hungry. One related gene is [FTO](#), known as fat mass and obesity-associated gene [\[R\]](#).

A variant near this gene is associated with:

- Increased appetite [\[R, R\]](#)
- Higher food intake [\[R, R\]](#)
- Feeling less full after meals [\[R, R, R\]](#)
- Eating in the absence of hunger [\[R, R\]](#)
- Food cravings and emotional eating [\[R, R\]](#)

It is important to remember that a number of other gene variants may also influence hunger. Additionally, lifestyle and environmental factors play an important role in appetite control and how much we eat.

Some choices that may help you eat less include [\[R, R, R, R, R\]](#):

- Only eating when physically hungry
- Drinking more water
- Eating more protein
- Replacing sugary snacks with more filling foods



BETTER

Likely better FTO genetics based on the genetic variants we looked at



OF USERS SHARE THE SAME SCORE



You have the same genetic predisposition as 37% of our users.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FTO	rs9939609	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Capsaicin	2	Keto Diet
3	Aerobic Exercise (Cardio)	4	Chewing
5	Behavioral Sleep Extension	6	Extra Virgin Olive Oil (EVOO)
7	Spinach	8	Chickpeas
9	White Kidney Bean Extract	10	Yerba Mate
11	Fasting Mimicking Diet	12	Self-Hypnosis
13	Fenugreek	14	Stevia
15	Yoga	16	Oats
17	Neurofeedback	18	Cinnamon
19	Chlorophyll	20	L-Tyrosine
21	Allulose	22	Apricots
23	Pears	24	Decaffeinated Coffee
25	Kelp	26	Chicory
27	Drink at Least 8 Glasses of Water a Day	28	Cherries
29	Aromatherapy	30	Brown Seaweed
31	Wakame	32	Apples

33	Korean Pine Nut Oil	3 g	34	Moringa	400 mg
35	5-HTP	100 mg	36	B. Lactis Bi-07 and L. Acidophilus NCFM	10 billion CFU
37	Oyster Mushroom	600 mg	38	Grape Seed Extract	100 mg
39	Green Peas		40	Prunes	
41	Psyllium	5 g	42	Avocado	
43	Paleo Diet		44	Mango	
45	Resistant Starch	40 g	46	Black Seed (Black Cumin)	1000 mg
47	Pecans		48	Kiwifruit	
49	Circadian Rhythm Alignment		50	Okra	
51	Ginger	500 mg	52	Black Pepper	5 mg
53	Bifidobacterium Lactis Bi-07	10 billion CFU	54	Fruits And Vegetables	
55	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	56	Cashews	
57	Glucomannan	3 g	58	Chia Seeds	
59	Avoid Sugary Foods & Drinks		60	Lactobacillus Acidophilus NCFM	10 billion CFU
61	Acceptance and Commitment Therapy (ACT)		62	Mindfulness	30 minutes
63	L-Carnitine	500 mg	64	Cognitive-Behavioral Therapy (CBT)	
65	Eat More Protein and Less Carbs		66	Carrots	
67	Mindful Eating		68	Eat Fiber-Rich Foods	
69	Regular Sleep Schedule		70	Green Tea Extract	250 mg
71	Whey Protein	25 g	72	Fiber Supplement	5 g

73	Apple Cider Vinegar		74	Spirulina	500 mg
75	Mindfulness Meditation	30 minutes	76	Maintain a Regular Meal Schedule	
77	Mindfulness-Based Stress Reduction (MBSR)	2 hours	78	Cashews and Brazil Nuts	
79	Avoid Large Meals		80	Caralluma Fimbriata	
81	Exercise At Least One Hour a Day	1 hour	82	Nutrition Education	
83	Brazil Nuts		84	Chromium	200 mcg
85	Citicoline (CDP Choline)	250 mg	86	Limit Calorie Intake	

1



Capsaicin

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Apply a capsaicin cream or gel to the affected area up to 4 times daily. Make sure the skin is intact and not broken. Start with a lower concentration (0.025%) and gradually increase to 0.075% if needed for pain relief. Use continuously for at least 4 weeks to evaluate its effectiveness.

Description

Capsaicin, found in chili peppers, is known for its potential to boost metabolism and promote weight loss. It can also provide pain relief when used topically in certain creams and ointments.

How it helps

Two meta-analyses (the most recent one with 13 studies) concluded that capsaicin increases resting metabolic rate (by 33.99 kcal/day), energy expenditure, and fat oxidation while reducing appetite and the respiratory quotient [\[R, R\]](#).

Capsaicin may help by reducing appetite and increasing fat burning.

2



Keto Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R, R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R, R\]](#)

How it helps

The Keto diet promotes satiety due to high fat content and modest protein levels, reducing overall food intake. When in ketosis, your body utilizes fat for energy instead of glucose which may also lead to weight loss.

A meta-analysis of 24 studies concluded that ketogenic low-carbohydrate diets reduce hunger and desire to eat while increasing satiety/fullness [\[R\]](#).

3



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Physical exercise programs including cardio may reduce overeating in people with binge eating disorder [\[R\]](#).

Walking 200 minutes/week for 12 weeks reduced the likelihood of overeating and eating in response to internal cues in a non-placebo-controlled trial of 49 stress eaters [\[R\]](#).

Regular cardio increases metabolism and can reduce the urge to overeat by promoting satiety and improving mood.

4



Chewing

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

A meta-analysis of 13 trials concluded that prolonged mastication significantly reduces food intake and self-reported hunger levels. Different chewing interventions also showed impacts on hunger and eating behavior in several trials. A trial with 33 healthy volunteers found that chewing gum for 1 hour/day reduced fasting hunger and lunch energy intake. Similarly, a mindfulness and prolonged chewing intervention over 8 weeks lessened disadvantageous eating styles like food cravings and emotional eating in a study of 46 participants. Among 50 women, chewing gum for 15 minutes/hour over 3 hours reduced hunger, desire to eat, and carbohydrate intake. Additionally, a study of 30 men found that consuming a meal with more chews (40 versus 15) reduced energy intake by nearly 12% [\[R, R, R, R, R\]](#).

Chewing your food more thoroughly slows down the eating process, which may help you consume less and feel full faster.

5



Behavioral Sleep Extension

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To implement behavioral sleep extension, aim to increase your total sleep time by going to bed 15 to 30 minutes earlier than your usual bedtime, or by allowing yourself to sleep later in the morning. Gradually increase this time as needed to reach a target of 7 to 9 hours of sleep per night, consistently, including on weekends. Adjust your daily schedule to accommodate this change, making sleep a priority.

Description

Behavioral sleep extension involves adopting healthier sleep habits to extend the duration and improve the quality of sleep. It can lead to improved cognitive function, mood, and overall well-being by addressing sleep deficiency.

How it helps

Behavioral Sleep Extension increases the duration of your sleep, which helps regulate hunger hormones, reducing overeating tendencies. More sleep also grants more energy, which can be used to engage in physical activities, further helping control weight.

A systematic review of 7 studies and 138 participants concluded that behavioral sleep extension interventions reduce overall appetite, desire for sweet and salty foods, intake of daily free sugar, and percentage of daily caloric intake from protein. In a non-placebo-controlled trial of 80 overweight and obese participants, a 2-week sleep extension intervention reduced their calorie intake by 270 kcal/day [\[R, R\]](#).

6



Extra Virgin Olive Oil (EVOO)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

Extra Virgin Olive Oil (EVOO) is rich in monounsaturated fats, which increase feelings of fullness and satiety, helping to diminish the tendency to overeat. Additionally, it facilitates better regulation of blood sugar and appetite, curbing compulsive eating patterns.

A [meta-analysis of 11 studies](#) concluded that **diets rich in olive oil, but not olive oil capsules, reduce weight (by 0.92 kg), waist circumference (by 0.6 cm), and BMI (by 0.90 kg/m2)** [\[R\]](#).

In a [non-placebo-controlled trial of 62 patients with depression](#), consuming EVOO (25 mL/day) for 52 days **decreased waist circumference (by 2.15 cm)** [\[R\]](#).

The same dose of EVOO consumed for 9 weeks **reduced body fat by 80% more than the same amount of soybean oil** in a [placebo-controlled trial of 41 women with excess weight](#) [\[R\]](#).

Eating a Mediterranean diet enriched in virgin olive oil for 3 years **reduced body weight** in a [non-placebo-controlled trial of 187 participants at high cardiovascular risk](#) [\[R\]](#).

7



Spinach

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

Thylakoid-rich spinach extract (5 g) **increased satiety (by 14%) while reducing hunger (by 21%), food cravings (by 30-36%), and liking for sweets (by 28%)** in 2 placebo-controlled trials of 92 overweight and obese participants [\[R\]](#), [\[R\]](#).

Similarly, consuming spinach with meals (250 g) **increased satiety** in a non-placebo-controlled trial of 10 healthy men [\[R\]](#).

Spinach is high in fiber and water, both of which help you feel full and satisfied without adding many calories. This can lessen your tendency to overeat by promoting a feeling of satiety sooner in your meal.

8



Chickpeas

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Incorporate chickpeas into your diet by adding them to salads, soups, and stews, or by making hummus. Aim for at least a half-cup serving, 3-4 times a week.

Description

Chickpeas, also known as garbanzo beans, are a good source of fiber, protein, and various vitamins and minerals. They can promote digestive regularity, provide sustained energy, and contribute to overall well-being when included in a balanced diet.

Chickpeas are a good source of minerals like manganese, iron, copper, zinc, and phosphorus, as well as folate and fiber. A ½ cup serving provides 0.9 mg of manganese or 39%DV.

How it helps

In various non-placebo-controlled trials involving healthy individuals, chickpea consumption or the incorporation of chickpea-based products into the diet demonstrated positive effects on appetite regulation. This included increased production of anorexigenic hormones, enhanced satiety, and improved meal-related factors contributing to reduced food intake. However, one study did not show appetite reduction [[R](#), [R](#), [R](#), [R](#), [R](#)].

Chickpeas are rich in fiber and protein, essential nutrients that make you feel full and reduce hunger. In addition, chickpeas have low energy density, meaning they provide few calories in large amounts.

9



White Kidney Bean Extract

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a supplement containing 500 to 1500 mg of white kidney bean extract before meals containing carbohydrates, once to twice daily. It's advisable to start with the lower dose to assess tolerance and gradually increase to the desired dose as directed on the product label or by a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

White kidney bean extract contains compounds that inhibit the digestion of carbohydrates, potentially supporting weight management by reducing the absorption of calories from starchy foods.

[White kidney bean](#) is a variety of the common bean (*Phaseolus vulgaris*), which is native to South America. People use the extract of white kidney bean to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Decrease appetite
- Support weight loss

How it helps

The withe kidney bean extract Beanblock, taken with a meal after a 12-hour fast, reduced appetite, production of the hunger hormone ghrelin, and postprandial glucose and insulin in a small trial of 12 healthy participants [\[R\]](#).

Taken for 12 weeks, Beanblock reduced appetite, body weight, waist size, and oxidative damage in a clinical trial of 60 overweight people [\[R\]](#).

Similarly, a combination of bean and artichoke extracts taken for 2 months reduced appetite and blood sugar levels after meals in a clinical trial of 39 overweight people [\[R\]](#).

10



Yerba Mate

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take yerba mate as a supplement by consuming 1 to 3 grams of the dried leaves in capsule form daily, or by drinking 1 to 3 cups of yerba mate tea. Do this consistently for at least 4 to 8 weeks to observe potential benefits.

TYPICAL STARTING DOSE

1 g

Description

Yerba mate is a South American herbal tea known for its caffeine content and antioxidant properties. It provides a boost in alertness and mental clarity and is used for its potential to enhance focus and energy.

Yerba mate is a traditional South American beverage made from the dried leaves of the yerba mate plant (*Ilex paraguariensis*). It is commonly consumed in countries like Argentina, Uruguay, Paraguay, and Brazil, and has a long history of cultural significance and social bonding.

Yerba mate is traditionally sipped through a *bombilla*, a special metal straw, from a gourd-shaped container. This results in a flavorful and stimulating drink often shared among friends and family.

How it helps

In a placebo-controlled trial of 12 active women, supplementation with yerba mate (2 g) before performing a 30-minute cycling exercise increased satiety. Taking a supplement with yerba mate, guaraná, and damiana (3 tablets) 15 minutes before a meal reduced food intake and time to perceived fullness in a placebo-controlled trial of 65 participants. Its combination with an inulin-based soluble fermentable fiber further increased the effects [\[R\]](#), [\[R\]](#).

Yerba mate may help by increasing feelings of satiety and promoting calorie burning.

11



Fasting Mimicking Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Adopt a fasting mimicking diet for 5 consecutive days per month, consuming between 750 and 1,100 calories per day consisting mostly of plant-based soups, vegetables, nuts, seeds, and herbal teas. Ensure adequate hydration. Resume a normal, healthy diet for the remaining days of the month.

Description

The fasting mimicking diet is a dietary approach that involves cycles of fasting and calorie restriction to potentially promote longevity and metabolic health. It is currently an area of research interest for its possible health benefits.

How it helps

In various non-placebo-controlled trials, fasting-mimicking diets showed promising effects on weight. They led to reductions in body weight, and total body and trunk fat, especially in those at risk of disease. In obese women, this diet was as effective as continuous energy restriction for weight loss but had additional benefits like improved body composition, increased ghrelin and NPY levels, and reduced basal metabolic rate. In physically active men, it reduced body mass without affecting neuromuscular parameters. Combining a fasting-mimicking diet with psychotherapy lowered BMI in patients with depression, and it also lowered BMI and waist circumference in patients with type 2 diabetes [\[R, R, R, R, R\]](#).

This diet may help by 'resetting' your body, reducing your appetite, and improving self-control over food intake.

12



Self-Hypnosis

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE

20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

In a non-placebo-controlled trial of 107 overweight participants, receiving self-hypnosis as part of a 12-week weight-loss intervention further increased weight loss [\[R\]](#).

In a non-placebo-controlled trial of 70 obese participants, receiving 8 sessions of hypnosis combined with training in self-hypnosis reduced weight, BMI, susceptibility to hunger, and disinhibition scores. In another non-placebo-controlled trial (120 obese participants), receiving 3 sessions of self-hypnosis failed to promote weight loss but improved satiety, quality of life, and CRP levels. Moreover, habitual users of hypnosis did lose more weight [\[R\]](#), [\[R\]](#).

The combination of hypnosis, self-hypnosis, and nutrition education improved their coping strategies to deal with obesity in a non-placebo-controlled trial of 82 obese participants [\[R\]](#).

However, a 3-week self-hypnosis program failed to promote weight loss in a placebo-controlled trial of 46 participants [\[R\]](#).

Self-hypnosis may help rewire your subconscious to change your perception about food, reducing your desire to overeat.

13



Fenugreek

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg fenugreek supplement daily, preferably with a meal to aid in digestion and absorption.

TYPICAL STARTING DOSE

500 mg

Description

Fenugreek is an herb and spice commonly used in traditional medicine for its potential to support digestive health, regulate blood sugar levels, and promote lactation in nursing mothers. Its compounds, such as soluble fiber and fenugreek seeds, contribute to its various health benefits.

[Fenugreek](#) is a leafy green legume originating from central Asia. Its leaves and seeds are both used in cooking. Some people also use the seeds to make tea [[R](#), [R](#)].

People use fenugreek tea or supplements for [[R](#), [R](#), [R](#), [R](#)]:

- Reproductive health
- Blood sugar control
- Decreasing cholesterol

How it helps

In two placebo-controlled trials involving 51 overweight men, fenugreek seed extract (588-1176 mg/day) taken for 2-6 weeks reduced dietary fat consumption. Additionally, fenugreek fiber (4-8 g at breakfast) increased satiety and decreased energy intake at lunch. in a non-placebo-controlled trial with 18 obese participants [[R](#), [R](#), [R](#)].

Fenugreek enhances the feeling of fullness, which can reduce overeating. Its dietary fiber content slows digestion and absorption of nutrients, promoting a sense of satiety.

14



Stevia

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Stevia can be consumed as a sugar substitute in both hot and cold beverages, as well as in various recipes requiring sweetening. Aim to use stevia in moderation, adjusting the quantity based on personal sweetness preference and the specific stevia product's sweetness intensity compared to sugar. This adjustment often means starting with a half teaspoon of stevia powder or a few drops of liquid stevia as a starting point and adapting as necessary.

Description

Stevia is a natural sweetener derived from the leaves of the *Stevia rebaudiana* plant. It is known for its zero-calorie sweetness and is used as a sugar substitute in various foods and beverages, making it a suitable option for individuals looking to reduce their sugar intake.

How it helps

In various trials, stevia consumption had mixed effects on appetite and postprandial glucose levels. In a placebo-controlled trial of 30 participants, a single dose of stevia reduced appetite without further increasing post-meal glucose levels. In another 12-week non-placebo-controlled trial of 28 healthy volunteers, stevia prevented weight gain and reduced appetite but didn't affect glucose responses to a glucose tolerance test. Similarly, stevia reduced appetite and food intake without impacting post-meal glucose levels in a placebo-controlled trial with 20 healthy participants. However, stevia in cookies reduced hunger but not post-meal glucose responses in a placebo-controlled trial with 20 participants. In a non-placebo-controlled trial of 33 type 2 diabetes patients, a single dose of stevia reduced appetite but increased glucose levels after a glucose load [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Stevia is a natural sweetener with zero calories which can help you satisfy your sweet cravings without adding extra calories, hence managing your tendency to overeat.

15



Yoga

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga, especially Hatha, may reduce emotional eating [\[R\]](#), [\[R\]](#).

Yoga can increase body awareness and mindfulness, which may discourage overeating by favoring recognition of physical hunger and fullness cues.

16



Oats

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats are high in dietary fiber, which aids in feeling full for longer periods and reduces the need to overeat. Their slow digestion helps to maintain stable blood sugar levels, preventing sudden hunger pangs or cravings.

In a non-placebo-controlled trial of 30 healthy volunteers, consuming oatmeal for breakfast was more effective than consuming oranges at decreasing hunger immediately after and reduced food intake more than 2 hours after eating. Oatmeal increased satiety and controlled appetite more than a ready-to-eat breakfast cereal in a non-placebo-controlled trial of 48 healthy volunteers [\[R\]](#), [\[R\]](#).

17



Neurofeedback

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

In one study, EEG-neurofeedback effectively reduced binge eating frequency, with lasting effects on stress and dietary self-efficacy. In another study, both food-specific and general EEG neurofeedback reduced binge-eating episodes, eating disorder symptoms, and food cravings. A separate trial showed significant reductions in overeating episodes and distress in a neurofeedback group compared to a waiting list control group, with lasting benefits on dieting success and food cravings [\[R\]](#), [\[R\]](#), [\[R\]](#).

18



Cinnamon

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

Cinnamon is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [R]:

- Decrease inflammation
- Fight oxidative stress
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar [R].**

There are two main types of cinnamon [R]:

- Ceylon or 'true' cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon aids in controlling appetite by slowing down the process of food moving from the stomach to the intestine, making you feel fuller for longer. It also helps regulate blood sugar levels, which can reduce cravings and overeating.

In an open randomized crossover clinical trial with 21 healthy volunteers, a single intake of cinnamon infusion (2 g, *Cinnamomum* sp.) **did not affect energy metabolism** (energy expenditure, diet-induced thermogenesis, respiratory quotient, substrate oxidation) **but reduced feeling of satiety and increased energy intake** in the first meal after treatment [R].

On the contrary, another RCT with 27 people found that milk rice meal supplemented with either cinnamon (4 g), acetic acid (28 mmol), or the combination of cinnamon + acetic acid found that the combination reduced 2-hour postprandial blood glucose and **increased the satiety score at 15 and 30 minutes** [R].

Another RCT with 15 healthy subjects found that cinnamon (1 and 3 g) **reduced postprandial serum insulin and increased glucagon-like peptide 1 (GLP-1)** without affecting blood glucose, glucose-dependent insulinotropic polypeptide (GIP), ghrelin, **satiety**, or gastric emptying rate [R].

19



Chlorophyll

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take chlorophyll supplements once daily, with a dose ranging from 100 to 300 milligrams. Consume it with a glass of water, preferably in the morning to coincide with your digestive cycle. It's advisable to continue this regimen daily for at least 3 to 4 weeks to assess its benefits.

TYPICAL STARTING DOSE

100 mg

Description

Chlorophyll is a pigment found in plants that may have antioxidant and anti-inflammatory properties. Some proponents suggest that consuming chlorophyll supplements or chlorophyll-rich foods may support detoxification and overall health

How it helps

Chlorophyll, found in green plants, can contribute to weight loss by making you feel fuller, thus helping control overeating. It also assists in blood sugar control, minimizing sugar cravings which can lead to overeating.

In a placebo-controlled trial of 38 women, supplementation with green plant membranes (5 g/ay) as part of a weight-loss intervention for 12 weeks decreased the urge for sweet and chocolate. Consuming plant tylakoids with test meals suppressed hunger motivation, increased CCK secretion 180 min after the meal, and prevented postprandial hypoglycaemia 90 min after food intake in a non-placebo-controlled trial of 20 moderately overweight women [\[R, R\]](#).

20



L-Tyrosine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-2000 mg of L-Tyrosine supplement daily, preferably 30 minutes before meals or snacks. This can be taken in one dose or divided into two doses throughout the day. Continue this supplementation daily for a duration of at least a few weeks to assess its effects on your body.

TYPICAL STARTING DOSE

500 mg

Description

L-tyrosine is an amino acid used by the body to produce important neurotransmitters and hormones. It may help improve cognitive function, stress response, and overall mood regulation.

[Tyrosine](#) is a **non-essential amino acid**. This means that our bodies can make it from other amino acids like [phenylalanine](#). We can also get tyrosine from **protein-rich foods**, such as [\[R, R\]](#):

- Red meat and poultry
- Dairy, especially cheese
- Legumes (e.g., soybeans and beans)
- Fish
- Nuts
- Eggs

Tyrosine can also be taken as a supplement. People often use it to maintain mental performance during demanding and stressful tasks [\[R, R, R\]](#).

How it helps

In a study with twelve healthy, normal-weight men, researchers conducted a four-way crossover, randomized, double-blind trial to assess the thermogenic response and appetite effects of green tea extract (GTE), tyrosine, and caffeine. Tyrosine slightly elevated the respiratory quotient and reduced energy intake compared to placebo. [\[R\]](#)

21



Allulose

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

For incorporating allulose as a supplement, use it as a sugar substitute in your daily diet. You can add it to coffee, tea, smoothies, or use it for baking and cooking. Aim for no more than about 30 grams per day to avoid digestive discomfort, as excessive consumption can lead to bloating or diarrhea.

TYPICAL STARTING DOSE

30 g

Description

Allulose is a low-calorie sugar substitute found naturally in small quantities in certain foods, including wheat and raisins. It is used as a sweetener in some products and is believed to have minimal impact on blood sugar levels.

How it helps

In a non-placebo-controlled trial of 18 healthy participants, taking allulose (25 g) stimulated the release of gastrointestinal satiation hormones (CCK, GLP-1, and PYY), potentially helping reduce food intake [R].

22



Apricots

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or dried apricots into your diet daily. Fresh apricots can be eaten as a snack, sliced into salads, or blended into smoothies. Dried apricots can be added to oatmeal, yogurt, or trail mix. Aim for a serving size of about 30 grams (approximately 4 fresh apricots or a handful of dried apricots) per day.

Description

Apricots are a nutritious fruit packed with vitamins, minerals, and fiber. They support eye health, provide immune-boosting antioxidants, and contribute to overall well-being when included in a balanced diet.

Apricots are a nutritious little fruit, containing vitamins A, C, and E, potassium, and several antioxidants. A ½ cup serving provides 755 mcg of potassium or 16%DV.

How it helps

Apricots are high in dietary fiber, which aids in maintaining a feeling of fullness and reduces the urge to overeat. They also contain low calories, preventing weight gain associated with overeating.

A study with 12 healthy participants compared sugar-free apricot jam with white bread (JWB) to d-glucose for glycemic responses. JWB lowered hunger and improved glycemic and appetite responses, making it a favorable breakfast option [R].

23



Pears

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one medium-sized pear into your daily diet, either as a snack or part of a meal. You can eat it raw, add it to salads, or use it in recipes. Continue this practice daily for ongoing health benefits.

Description

Pears are a fruit that originates from the Pyrus tree, and have been eaten for centuries in various parts of the world. they are a good source of dietary fiber, vitamin C and K, and various antioxidants, which may be beneficial for gut health, help fight inflammation, and aid in weight loss.

How it helps

Consuming pears can help manage overeating as they are high in fiber, which promotes feelings of fullness and reduces overall food intake. Additionally, their sweet flavor can satisfy sugar cravings in a nutritious way, aiding in weight control.

In a 10-week study with 49 women (BMI>25 kg/m2), adding three apples or three pears to their diet led to significant energy intake reductions (-25.05 and -19.66 kcal/day) and weight loss (-0.93 kg for apples and -0.84 kg for pears), while the oat group had a small increase in energy intake (+0.93) and no weight change (+0.21 kg) [\[R\]](#).

24



Decaffeinated Coffee

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Replace your regular coffee intake with decaffeinated coffee. Aim to consume it in the same quantities and at the same times you would normally drink caffeinated coffee. This adjustment can be made indefinitely to reduce caffeine intake without altering your routine significantly.

Description

Decaffeinated coffee allows individuals to enjoy the flavor and aroma of coffee without the stimulating effects of caffeine, making it a suitable choice for those who are sensitive to caffeine or want to reduce their intake. It can still provide antioxidants and potential benefits like improved alertness.

How it helps

Decaffeinated coffee can help curb your appetite, making you feel more satisfied and reducing your tendency to overeat. It also boosts your metabolism, helping your body to use up food more efficiently.

In a trial with 11 healthy men, decaffeinated coffee reduced hunger and increased satiety hormone PYY, while caffeine in water had no effect. Caffeinated coffee showed intermediate results, suggesting non-caffeine coffee compounds influence appetite [\[R\]](#).

In a study with 16 healthy men, breakfasts with caffeinated coffee, decaffeinated coffee, or water were tested. There were no significant effects on appetite, energy intake, glucose, and inflammation markers. However, cortisol levels were higher with caffeinated coffee [\[R\]](#).

Please note: polyphenols and tannins from coffee may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using coffee or coffee supplements.

25



Kelp

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a kelp supplement daily, ensuring the dosage aligns with the product's label, typically ranging from 600 to 1000 micrograms of iodine. It's important to not exceed the recommended dosage to avoid potential thyroid issues. Use for ongoing nutritional support, especially if your diet lacks iodine.

TYPICAL STARTING DOSE

500 mg

Description

Kelp is a type of seaweed rich in iodine and other minerals. Incorporating kelp into the diet may help support thyroid function and provide essential nutrients.

Kelp is a source of iodine, vitamins K, A, C, E, and B-vitamins, along with some thiamin, riboflavin, and niacin. The highest type is kombu kelp, which contains 2,984 mcg of iodine per seaweed sheet (1 gram).

How it helps

In a placebo-controlled trial of 20 healthy participants, consuming 30 g starch with 5 g kelp lowered postprandial blood glucose, insulin, C-peptide response, and appetite sensation [\[R\]](#).

Kelp is high in fiber, which can create a feeling of fullness in your stomach. Moreover, it contains iodine that supports a healthy thyroid function and plays a key role in regulating metabolism and weight management.

26



Chicory

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Chicory is a nutrient-rich vegetable that has been shown to have a number of health benefits. It is a good source of fiber, vitamin K, and antioxidants. Chicory may also help to improve digestion, lower blood sugar levels, and boost the immune system.

How it helps

A placebo-controlled trial of 47 healthy volunteers investigated the acute effects of oligofructose-enriched inulin (5 g) on wellbeing, mood, and cognitive performance. Inulin consumption led to increased happiness, reduced indigestion, and less hunger compared to placebo. Memory tasks showed improved accuracy and recall [\[R\]](#).

27



Drink at Least 8 Glasses of Water a Day

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 14 healthy men, drinking water (568 mL) before breakfast increased fullness and decreased hunger [\[R\]](#).

Drinking water can help fill the stomach, temporarily reducing hunger and preventing mistaken signals of hunger for thirst.

28



Cherries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of cherries, which is about 1 cup or 21 cherries, into your daily diet. You can eat them fresh, frozen, dried, or in juice form. If opting for juice, ensure it's 100% cherry juice without added sugars.

Description

Cherries are a stone fruit that comes in numerous varieties. They are a natural source of antioxidants and anti-inflammatory compounds. They may help reduce inflammation, promote better sleep, and support overall health.

A cherry is a stone fruit with numerous varieties. Cherries are native to parts of Europe and Asia [\[R\]](#), [\[R\]](#).

People consume sweet cherries (*Prunus avium*) and tart cherries (*Prunus cerasus*) to help with [\[R\]](#):

- Gout
- Exercise recovery
- Blood sugar control
- Blood pressure

How it helps

Cherries are high in fiber and low in calories, helping you feel full longer, which can reduce your tendency to overeat. They also offer a natural sweetness to satisfy cravings, reducing the need for high-calorie snacks.

In a non-placebo-controlled trial of 18 women, eating muffins enriched with cherry pomace (20-30%) increased satiety and reduced energy intake by 13.7-15.1% [\[R\]](#).

29



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

In a placebo-controlled trial of middle-aged women, aromatherapy massage for 2 weeks reduced weight, abdominal circumference, and appetite [\[R\]](#).

30



Brown Seaweed

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing brown seaweed extract, such as *Fucus vesiculosus* or *Ascophyllum nodosum*, in capsule or powder form. Aim for a daily dosage of 500-1000 mg, preferably with meals to enhance absorption. Continue this regimen for at least 8-12 weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

500 mg

Description

Brown seaweed, such as kelp and wakame, is a nutrient-dense marine alga often used in Asian cuisine and dietary supplements. It's a natural source of essential minerals like iodine and may offer various health benefits, including thyroid support and potential antioxidant effects.

How it helps

A study tested a nutraceutical blend of *Garcinia cambogia*, l-carnitine, and *Ascophyllum nodosum* on satiety and food preferences in 28 healthy volunteers using a crossover design. Although overall energy intake remained unchanged, the supplement notably reduced hunger and increased feelings of satiety and fullness. It also altered food preferences, increasing the liking for sweet over savory foods, but did not affect the preference for different fat levels. These findings suggest that this combination can effectively modulate appetite and might be beneficial for managing dietary intake [\[R\]](#).

31



Wakame

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take wakame as a dried supplement, rehydrating it in water for about 20 minutes before consuming. Aim for a daily intake of 3 to 5 grams. It can also be powdered and added to smoothies or soups.

TYPICAL STARTING DOSE

3 g

Description

Wakame is an edible seaweed commonly used in Asian cuisine. It is a source of essential nutrients like vitamins, minerals, and dietary fiber, and is known for its potential to support thyroid health, regulate blood pressure, and promote overall nutritional wellness. It contains various vitamins and minerals, including iodine, which is essential for thyroid function.

How it helps

A placebo-controlled trial with 20 healthy participants found that a meal containing 30 g starch and 5 g wakame reduced appetite. Another placebo-controlled trial with 40 obese participants showed that consuming a snack with wakame and carobs for 8 weeks increased feelings of fullness after meals [\[R\]](#), [\[R\]](#).

Wakame, a type of seaweed, contains fucoxanthin which can increase your body's fat-burning capability and may help curb your appetite. Incorporating it into your diet could potentially help in managing overeating and weight control.

32



Apples

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one whole apple into your daily diet, either as a snack or part of your meals, ensuring to eat them consistently every day for an ongoing period to derive potential health benefits.

Description

Apples are a nutritious fruit known for their fiber content and antioxidant-rich skin. They support overall health by aiding digestion, reducing the risk of chronic diseases, and promoting heart health.

Apples (*Malus domestica Borkh.*) are one of the most widely consumed fruits in the world. They have a high nutritional value and content of antioxidants [\[R, R\]](#).

Eating apples is associated with a lower risk of [\[R, R\]](#):

- Heart disease
- Asthma
- Diabetes

How it helps

Apples are high in dietary fiber which aids in feeling full, reducing the urge to overeat. Their natural sweetness can also satisfy sugar cravings helping to control calorie intake.

33



Korean Pine Nut Oil

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 3 grams of Korean pine nut oil, which can be found in capsule or liquid form, daily before meals. This supplement should be taken consistently for a minimum of 4 weeks to potentially see benefits such as increased feelings of fullness and reduced appetite.

TYPICAL STARTING DOSE

3 g

Description

Korean pine nut oil is a source of healthy monounsaturated fats and antioxidants. It may aid in appetite control and support heart health when used in moderation as part of a balanced diet.

How it helps

In a study of 42 overweight female volunteers, Korean pine nut oil (PinnoThin) reduced food intake by 9% compared to olive oil when consumed 30 minutes before a buffet lunch. However, it didn't affect macronutrient intake or appetite ratings. The authors suggest the timing of dosing may explain the lack of appetite effect, and they propose that PinnoThin might reduce appetite by increasing CCK and GLP-1 release [R].

In a study with 18 overweight post-menopausal women, Korean pine nut-free fatty acids increased gut hormones CCK-8 and GLP-1, and reduced prospective food intake, but had no effect on PYY and ghrelin [R].

In a study with 9 overweight/obese participants, delayed-release hydrolyzed pine nut oil (6g) boosted post-meal GLP-1 secretion. Combining it with olive oil didn't enhance GLP-1, but both pine oil alone and olive oil reduced hunger and increased satiety [R].

In a trial with 18 healthy overweight/obese individuals, delayed-release capsules containing 3-6g unhydrolyzed pine nut oil raised GLP-1, reduced ghrelin in the last 2 hours of a 4-hour OGTT, increased satiety, and lowered prospective food intake, with modest glucose and insulin reductions in the initial 2 hours [R].

34



Moringa

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 400-800 mg of moringa leaf powder capsule form once daily, preferably with meals to enhance absorption. For fresh moringa leaves, a dose of 10 grams daily can be consumed directly or added to meals. Continue this regimen for at least 3 to 6 months to observe significant benefits.

TYPICAL STARTING DOSE

400 mg

Description

Moringa is a nutrient-dense plant known for its high levels of vitamins, minerals, and antioxidants. It is used in traditional medicine for a range of issues due to it's potential anti-inflammatory, antioxidant, and antimicrobial properties.

How it helps

Moringa supplement is rich in fiber that helps you feel full for longer, reducing the urge to overeat. Simultaneously, its protein content aids in controlling the hormones related to appetite, further mitigating overeating tendencies.

In a placebo-controlled trial of 20 healthy volunteers, eating cookies with moringa leaf powder (5% w/w) for breakfast reduced hunger [\[R\]](#).

35



5-HTP

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE
100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” [serotonin](#). 5-HTP and serotonin help make [melatonin](#), a hormone that promotes sleep [\[R\]](#).

People mainly use 5-HTP as a mood-boosting supplement [\[R, R\]](#). According to early research, it may also:

- Reduce appetite [\[R, R, R\]](#)
- Help with chronic pain and fatigue [\[R, R, R\]](#)
- Improve sleep quality [\[R, R\]](#)

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [\[R, R, R\]](#).

How it helps

In a placebo-controlled trial of 20 obese patients, supplementation with 5-HTP (900 mg/day) for 6 weeks reduced carbohydrate intake and caused earlier satiety [\[R\]](#).

Similarly, 5-HTP (750 mg/day for 2 weeks) reduced calorie, carbohydrate, and fat intake, as well as body weight, in a placebo-controlled trial of 25 overweight, diabetic patients [\[R\]](#).

5-HTP is a precursor to serotonin, a neurotransmitter contributing to feelings of happiness and well-being. High serotonin levels can suppress hunger, thereby helping people with a tendency to overeat manage their appetite and portion sizes more effectively.

36



B. Lactis Bi-07 and L. Acidophilus NCFM

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium lactis Bi-07 and Lactobacillus acidophilus NCFM are both probiotics that have been shown to have a number of health benefits. They can help to improve gut health, boost the immune system, and reduce the risk of diarrhea.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM taken for 90 days after a Roux-en-Y gastric bypass reduced binge eating and food addiction symptoms in a placebo-controlled trial of 101 patients [\[R\]](#).

37



Oyster Mushroom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 600 mg to 1.2 grams of oyster mushroom extract in supplement form daily, ideally divided into two or three doses. Continue this routine for 1 to 2 months to evaluate its effects on your health.

TYPICAL STARTING DOSE

600 mg

Description

Oyster mushrooms (*pleurotus ostreatus*) are a popular and edible species of mushroom grown all over the world, rich in protein, fiber, B-vitamins, vitamin D, postassium, iron, and selenium. They have been used in Chinese medicine for their potential benefits toward immune function. They are eat today for being nutritious and a source of antioxidants.

How it helps

In a placebo-controlled trial of 22 participants with impaired glucose tolerance, consuming oyster mushroom powder (20 g) reduced hunger (by 22%). A related species (*P. eryngii*) improved appetite and ghrelin levels in a non-placebo-controlled trial of 266 people with metabolically unhealthy obesity [\[R\]](#), [\[R\]](#).

Oyster mushrooms are high in fiber, which helps make you feel full faster and for a longer time, potentially reducing overeating habits.

38



Grape Seed Extract

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 100-300 mg of grape seed extract daily, preferably with a meal to enhance absorption. This can be done either through a single dose or split into multiple doses throughout the day. Continue this regimen for at least 3 months to observe potential benefits.

TYPICAL STARTING DOSE

100 mg

Description

Grape seed extract is rich in antioxidants called polyphenols, which may help protect against oxidative stress and support cardiovascular health. It's also believed to have potential benefits for skin health and overall well-being.

[Grape seed extract](#) is made from the seeds of wine grapes. It contains antioxidant compounds that may help support [\[R\]](#), [\[R\]](#):

- Blood circulation
- Heart health
- Blood sugar control
- Healthy weight

How it helps

In a placebo-controlled trial of 51 subjects, supplementation with grapeseed extract 30-60 min before each meal for 3 days reduced energy intake (by 4%) in subjects who had an energy requirement of at least 7.5 MJ/day, without further effects on satiety, mood or tolerance [\[R\]](#).

Grape seed extract may help by regulating hormones that are responsible for hunger and cause obesity.

39



Green Peas

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a half cup of cooked or raw green peas into your diet at least three times a week. This can be as a side dish, added to salads, soups, or pasta dishes.

Description

Green peas are a nutritious vegetable packed with vitamins, fiber, and antioxidants. Including green peas in your diet can support digestive health, provide essential nutrients, and contribute to overall well-being.

Green peas are a good source of folate, manganese, iron, vitamins C , K, and A, fiber, as well as antioxidants. A ½ cup serving provides 47 mcg of folate or 12%DV.

How it helps

Eating green peas adds fiber and protein to your diet, making you feel fuller for longer periods and suppressing the urge to overeat. Also, as a low-calorie food, it helps maintain a healthy weight.

In a non-placebo-controlled trial of 32 men, consuming 20 g pea protein 30 min before a meal decreased food intake and increased feelings of satiety. Adding pea protein (24 g) to a chocolate beverage increased satiety in a non-placebo-controlled trial of 20 men [\[R\]](#), [\[R\]](#).

40



Prunes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

Prunes are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

How it helps

Prunes are high in fiber, which keeps you feeling full longer, hence reducing the urge to overeat. Also, they have a low energy density, meaning they provide fewer calories relative to their weight, which allows for satisfying portions without overloading on calories.

In a study with 45 healthy, normal-weight subjects, consuming a preload with dried prunes led to reduced dessert intake and lower total energy intake at the meal. Subjects also reported lower feelings of hunger, desire, and motivation to eat, possibly attributed to the prunes' high fiber content [\[R\]](#).

Nineteen adult women consumed test foods, including dried plums, low-fat cookies, white bread, and water on separate days. Dried plums resulted in a greater satiety index compared to low-fat cookies and potentially influenced plasma ghrelin levels [\[R\]](#).

41



Psyllium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the *Plantago ovata* plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

In 2 placebo-controlled trials of 79 healthy volunteers, supplementation with psyllium husk (3.4-10.2 g/day) for 3 days reduced hunger feelings and energy intake [\[R, R\]](#).

Psyllium is a type of fiber that can help control overeating by making you feel fuller faster and for longer, reducing the desire to eat too much.

42



Avocado

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate half to one whole avocado into your daily diet. You can add it to salads, sandwiches, or use it as a healthy fat substitute for spreads or dressings.

Description

Avocado is a nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. It is packed with vitamins, minerals, and dietary fiber, and may support heart health, skin health, and overall nutrition.

[Avocado](#) is a fruit first cultivated in Mexico in 500 BCE [\[R\]](#), [\[R\]](#).

You can eat it raw in salads, sandwiches, and dips. Avocado oil has recently become popular, but it’s much less nutritious than the whole fruit.

Avocado is rich in antioxidants, vitamins, minerals, and fiber. It may support [\[R\]](#):

- Heart health
- Healthy weight
- Healthy aging

How it helps

Avocados have high fiber content and healthy fats that promote a feeling of fullness, which can help control overeating. This fruit's nutrients also contribute to a balanced diet and weight management.

Adding avocados to a lunch meal **decreased the desire to eat (by 28-40%) while increasing self-reported feelings of satisfaction (by 23-26%)** in a [non-placebo-controlled trial of 26 overweight adults](#) [\[R\]](#).

Replacing dietary carbohydrates in a high-carbohydrate meal with avocado-derived fat-fiber **increased feelings of satiety** in a [non-placebo-controlled trial of 31 overweight and obese adults](#) [\[R\]](#).

43



Paleo Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Adopt a diet that includes lean meats, fish, fruits, vegetables, nuts, and seeds, resembling the diet of our hunter-gatherer ancestors. Exclude all dairy products, legumes, grains, added sugar, and processed foods. This should be a consistent dietary approach, not a short-term diet, to observe its benefits on health and well-being.

Description

The paleo diet, also known as the caveman diet, emphasizes whole foods such as lean meats, fish, fruits, vegetables, nuts, and seeds while excluding processed foods, grains, and dairy. It is believed to support weight management and reduce the risk of chronic diseases by focusing on foods more in line with our ancestors' diets.

How it helps

In a non-placebo-controlled trial of 13 patients with type 2 diabetes, eating a Paleo diet for 2 consecutive 3-month periods was found more satiating per calorie than eating a diabetes diet. This diet also increased satiety and the levels of satiety hormones in a non-placebo-controlled trial of 69 participants with metabolic syndrome [\[R, R\]](#).

The Paleo diet can help curb overeating by keeping you satiated with its high protein and fiber content.

44



Mango

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh mango into your diet 2-3 times a week, either as a snack or part of a meal. Opt for ripe mangoes for the best taste and nutritional value. If fresh mangoes are not available, frozen or dried mango can be a good alternative, but be mindful of any added sugars in dried mangoes.

Description

Mangoes are a delicious tropical fruit packed with vitamins, minerals, and antioxidants, promoting immune health, eye health, and skin vitality. They also provide dietary fiber and may support digestive regularity when included in a balanced diet.

Mangos are good for a host of nutrients, including vitamins E, C, A, and K, potassium, copper, and folate. A ½ cup serving provides 0.7 mg of vitamin E or 5%DV.

How it helps

Mangoes are high in fiber, which can make you feel full and reduce your tendency to overeat. In addition, the natural sweetness can satisfy cravings, helping to curb overeating episodes.

In a study involving 23 overweight and obese individuals, they consumed either 100 kcal snacks of fresh mangos or isocaloric low-fat cookies on two separate occasions. After mango consumption, adiponectin levels increased significantly ($P \leq .05$), while low-fat cookies had no such effect. Mango consumption also led to reduced hunger, anticipated food consumption, and thirst, along with increased feelings of fullness ($P \leq .05$) [\[R\]](#).

45



Resistant Starch

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate 40g of Jo's resistant starch into your daily diet. This can be done by adding it to smoothies, yogurt, or baked goods. Ensure to spread the intake throughout the day for better tolerance.

TYPICAL STARTING DOSE

40 g

Description

Resistant starch is a type of starch that resists digestion in the small intestine, making it a prebiotic fiber that can benefit gut health. It can be found in foods like green bananas, legumes, and certain grains.

[Resistant starch](#) is starch that doesn't get digested in the small intestine [\[R\]](#) [\[R\]](#).

Some types of resistant starch include [\[R\]](#):

- **Type 1** occurs naturally in foods such as whole grains
- **Type 2** can be isolated from foods such as corn and green banana
- **Type 3** is created during the cooking and cooling process of starchy foods like potatoes

Resistant starch doesn't increase blood sugar like typical digestible starches do [\[R\]](#) [\[R\]](#).

Instead, it feeds good bacteria in the colon that [\[R\]](#) [\[R\]](#):

- Support healthy gut function
- Support immunity
- Reduce inflammation

How it helps

A [meta-analysis of 4 studies](#) concluded that consuming resistant starch before meals **reduces appetite. Doses of at least 25 g and resistant starch type 2 were most effective** [\[R\]](#).

Consuming resistant starch also **reduced appetite** in [3 trials of 74 healthy participants](#) not included in the meta-analysis. However, it had little or **no effect** in [3 trials of 90 participants](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

However, a [meta-analysis of 11 studies](#) found the **evidence that resistant starch increases satiety in obese people inconsistent**. In line with this, resistant starch **failed to decrease appetite** in [3 trials of 101 overweight or obese participants](#) not included in the meta-analysis [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

46



Black Seed (Black Cumin)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

In a placebo-controlled trial of 45 overweight and obese women, supplementation with black seed oil (2000 mg/day) for 8 weeks reduced appetite [\[R\]](#).

Black seed may help by regulating the hormone leptin. It can also help in stabilizing blood sugar levels, which may reduce episodes of overeating caused by blood sugar crashes.

47



Pecans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate about a handful of pecans (roughly 1 ounce or 28 grams) into your daily diet. You can eat them as a snack, sprinkle chopped pecans over salads, or blend them into smoothies. Aim to do this regularly as part of your daily dietary habits to enjoy their health benefits.

Description

Pecans are a type of nut derived from the hickory tree, primarily native to North America. They are rich in nutrients like healthy fats, protein, dietary fiber, and various vitamins and minerals, including vitamin E, manganese, and zinc.

Pecans are a good source of fiber, along with manganese, molybdenum, copper, thiamine, and zinc. A 1-ounce serving provides 1.1 mg of manganese or 48%DV.

How it helps

Pecans are high in fiber, which helps you feel full and reduces the tendency to overeat. They also contain healthy fats that provide lasting energy, further helping to curb appetite.

In 2 non-placebo-controlled trials of 91 participants, consuming pecans (68 g/day) for 4-8 weeks increased fullness and postprandial CCK, and fasting and postprandial PYY, while decreasing overall appetite, prospective consumption, desire to eat, and postprandial ghrelin [\[R, R\]](#).

48



Kiwifruit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat one to two kiwifruits daily, either as a snack or incorporated into your meals. You can consume them for breakfast, add them to a salad for lunch, or blend them into a smoothie. Continue this practice as a regular part of your diet to gain its nutritional benefits.

Description

Kiwifruit is a vitamin C-rich fruit that supports immune health, digestion, and skin vitality. It's also a good source of dietary fiber, making it a nutritious addition to a balanced diet.

Kiwifruit are technically berries, full of vitamin E, fiber, other minerals and vitamins, particularly vitamin K and C. One kiwifruit provides 1.1 mg of vitamin E or 7%DV.

How it helps

In a study involving 20 participants, adding kiwifruit sugars (glucose, fructose, sucrose) to wheat cereal reduced post-meal blood glucose response and prevented subsequent hypoglycemia. Kiwifruit components other than carbohydrates may improve the glycemic response to co-ingested cereal [\[R\]](#).

49



Circadian Rhythm Alignment

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Circadian rhythm alignment is the process of adjusting your sleep-wake cycle to match the natural 24-hour cycle of the Earth's rotation. Circadian rhythm alignment has been linked to a number of health benefits, including improved sleep quality, better mood, and reduced risk of obesity, heart disease, and diabetes.

How it helps

In a non-placebo-controlled trial of 7 healthy chronic night shift workers, circadian misalignment led to a ~17% increase in ghrelin levels and ~14% higher hunger at breakfast in the night shift [\[R\]](#).

50



Okra

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take okra supplements in the form of capsules or powder. If using capsules, consume 1-2 capsules daily with water, preferably with a meal. If using powder, mix one teaspoon into a glass of water or into a smoothie once daily. Continue this routine for at least 8-10 weeks to observe potential health benefits.

Description

Okra is a flowering plant of the mallow family, rich in vitamins, minerals, and fiber, offering potential benefits for digestive health, blood sugar control, and overall nutrition.

How it helps

In a [placebo-controlled trial of 108 overweight and obese participants](#), the combination of dehydrated okra pods (165-330 mg) and inulin (IQP-AE-103, 3x/day 15 min before each meal for 12 weeks) **decreased the feeling of hunger in 66% of the patients given the high dose** [\[R\]](#).

Okra is high in fiber, which aids in promoting feelings of fullness and can help limit overeating. Additionally, its low calorie count does not contribute significantly to daily energy input, making it a healthy choice for weight management.

How to implement

TYPICAL STARTING DOSE

500 mg

Description

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [R]:

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger is known to have properties that boost your metabolism and suppress your appetite, which can control the urge to overeat. Additionally, it promotes a feeling of fullness, helping prevent overeating by making you feel satisfied faster during meals.



PERSONALIZED TO YOUR GENES

Supplementation with ginger may reduce appetite more in people with your **ADRB3** gene variant [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
ADRB3	rs4994	AA	

52



Black Pepper

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take a black pepper supplement in the form of capsules, commonly available in 5-10 mg doses, once daily with a glass of water, preferably with meals to enhance absorption. Continue as long as needed or recommended by a healthcare professional.

TYPICAL STARTING DOSE

5 mg

Description

Black pepper is a common spice that contains piperine, a compound that may enhance nutrient absorption and provide potential health benefits. It is often used to add flavor to dishes and may support digestive health and overall well-being.

How it helps

Black pepper contains an active compound called piperine, which enhances metabolic performance and suppresses fat accumulation in the body. Consequently, this may help regulate weight and potentially curtail tendencies to overeat.

53



Bifidobacterium Lactis Bi-07

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Bifidobacterium animalis](#) is a [probiotic](#) bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [\[R\]](#), [\[R\]](#).

People mainly take *B. animalis* to support gut health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

B. lactis Bi-07 is a strain that may help reduce the risk of diarrhea, improve gut health, and boost the immune system. It can be taken as a probiotic supplement or found in yogurts and fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM taken for 90 days after a Roux-en-Y gastric bypass reduced binge eating and food addiction symptoms in a placebo-controlled trial of 101 patients [\[R\]](#).

54



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Fruits and vegetables are less calorie-dense and high in fiber, contributing to fullness without excess calorie intake.

55



Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive-behavioral techniques with mindfulness strategies and can help break the cycle of overeating by changing how one reacts to stress and emotional triggers.

56



Cashews

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a handful of cashews (about 1 to 2 ounces) into your daily diet. You can eat them as a snack, or add them to meals like salads, stir-fries, or oatmeal for added texture and nutritional benefits.

Description

Cashews are a nutrient-rich nut known for their healthy fats, vitamins, and minerals. They are a versatile snack option that can support heart health, provide energy, and contribute to overall well-being.

Cashews are actually seeds and a rich source of omega-6s, and minerals including magnesium, manganese, zinc, iron, and selenium. A 1-ounces serving provides 2300 mg of omega-6.

How it helps

Cashews are high in fiber and protein, which help to keep you feeling full and satisfied, reducing the tendency to overeat. Instead of reaching for unhealthy snacks, having a portion of cashews can curb your hunger and help manage your weight.

In a [non-placebo-controlled trial of 40 healthy participants](#), consuming a mix of Brazil nuts (15 g/day) and cashews (30 g/day) for 8 weeks had **no effect on food intake, appetite, or peptide hormones, but did lower postprandial ghrelin** [\[R\]](#).

However, consuming a shake with Brazil nuts (15 g/day) and cashews (30 g/day) **failed to reduce subjective appetite sensations, food intake at lunch, and energy intake throughout the day** in a [non-placebo-controlled trial of 15 healthy volunteers](#) [\[R\]](#).

57



Glucomannan

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

How it helps

Glucomannan is a dietary fiber that can absorb water and expand in the stomach, potentially promoting a sensation of fullness and reducing overall food intake.

58



Chia Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1 to 2 tablespoons of chia seeds into your daily diet. You can add them to yogurt, smoothies, oatmeal, or salads. Do this regularly as part of your daily meals.

Description

Chia seeds are high in fiber, omega-3 fatty acids, and various vitamins and minerals. Adding chia seeds to your diet can support digestive health, provide essential nutrients, and contribute to overall nutritional wellness.

Chia seeds are a healthy source of omega-3s, calcium, as well as fiber, iron, magnesium phosphorus, and vitamins B1 and B3. A 1-ounce serving provides 5.06 g of ALA.

How it helps

Chia seeds are high in fiber, promoting a sense of fullness, which could potentially curb overeating. Also, they expand when exposed to water in your stomach, further reducing hunger and assisting in weight management.

59



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Sugary foods can spike blood sugar levels and lead to a cycle of cravings and overeating.

60



Lactobacillus Acidophilus NCFM

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

L. acidophilus NCFM is a specific strain that may help relieve diarrhea, improve gut health, and boost the immune system. It can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM taken for 90 days after a Roux-en-Y gastric bypass reduced binge eating and food addiction symptoms in a placebo-controlled trial of 101 patients [\[R\]](#).

61



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT helps individuals accept their thoughts and feelings rather than fighting or feeling guilty for them. This can improve psychological flexibility and may help with self-regulation concerning overeating.

62



Mindfulness

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [\[R\]](#).

Mindfulness and other types of [meditation](#) may improve [\[R\]](#):

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness practice encourages being present and aware, which can help prevent mindless overeating.

63



L-Carnitine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

L-Carnitine aids in the conversion of fat into energy, which may in turn support weight loss efforts for those with a tendency to overeat. It could also suppress appetite, helping you eat less and making it easier for you to stick to a healthier eating routine.

64



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT can help modify unhealthy eating patterns and attitudes towards food, reducing instances of overeating.

65



Eat More Protein and Less Carbs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [\[R\]](#), [\[R\]](#).

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Meanwhile, protein boosts muscle mass and helps control your weight [\[R\]](#).

How it helps

Protein has a higher satiety index than carbs, helping reduce the urge to overeat by keeping you full longer.

66



Carrots

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one medium-sized carrot (about 61 grams) into your daily diet by either eating it raw, steamed, or as part of salads, soups, and stews to support eye health and provide essential nutrients.

Description

Carrots are a nutritious vegetable known for their high vitamin A content and numerous health benefits. They support eye health, provide essential nutrients, and contribute to a well-rounded diet.

Carrots are an excellent source of vitamin A, as well as biotin, vitamins K1 and B6, potassium, and antioxidants. A ½ cup serving provides 459 mcg of vitamin A or 51%DV.

How it helps

Carrots are high in fiber and low in calories, therefore, they make you feel full faster and for longer, reducing the tendency to overeat. Additionally, their crunchiness can also satisfy the desire to chew, which can suppress mindless snacking.

In a study with 10 male volunteers, meals with carrots (200g or more) led to lower glucose and insulin responses and higher satiety compared to a control meal without vegetables [\[R\]](#).

A study involving 16 obese males found that consuming dried purple carrot for 4 weeks did not lead to significant changes in body mass, composition, blood pressure, lipids, inflammation, or appetite [\[R\]](#).

67



Mindful Eating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

Eating slowly allows more time for the satiety signals to reach the brain, reducing the likelihood of overeating. It also aids digestion.

68



Eat Fiber-Rich Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Fiber increases satiety and delays gastric emptying, which can help control appetite and reduce overeating.

69



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule helps regulate hormones that control hunger and fullness, possibly decreasing the tendency to overeat.

70



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea extract contains caffeine and catechins, which may help in boosting metabolism and can influence hormones that control hunger signals.

71



Whey Protein

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Mix one scoop (approximately 25-30 grams) of whey protein powder with 8-12 ounces of water, milk, or your preferred beverage. Consume this drink 1-2 times per day, ideally post-workout or as a meal replacement.

TYPICAL STARTING DOSE

25 g

Description

Whey protein is a complete protein derived from milk during cheese production. It is rich in essential amino acids and is used to support muscle recovery, promote muscle growth, and provide a convenient protein source for athletes and fitness enthusiasts.

Whey is the liquid that separates from milk when cheese is made. [Whey protein](#) is full of amino acids (protein building blocks) that the body needs [\[R\]](#), [\[R\]](#).

Whey protein usually comes in the form of a powder that can be added to soft foods and drinks. People often use it to help with [\[R\]](#), [\[R\]](#):

- Athletic performance
- Nutritional deficiencies

How it helps

Whey protein increases feelings of fullness and can help reduce overeating by controlling hunger sensations. It does so by increasing levels of hunger-reducing hormones like GLP-1, PYY and CCK while reducing your levels of the hunger hormone ghrelin.

72



Fiber Supplement

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a fiber supplement such as psyllium, methylcellulose, or inulin. Start with a low dose of 5 grams once daily. Gradually increase the amount based on your tolerance, aiming for 20-30 grams per day, divided into separate doses before or with meals. Drink at least 8 ounces of water with each dose to prevent constipation. Continue daily as part of your regular diet.

TYPICAL STARTING DOSE

5 g

Description

Fiber supplements, often derived from sources like psyllium husk or inulin, can help individuals meet their daily fiber needs when dietary intake falls short. Fiber supports digestive regularity, satiety, and overall digestive health.

Fiber is a type of carb that your body can’t digest. It supports gut health, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Fiber supplements increase the feeling of fullness after eating and may prolong satiety, potentially helping to curb the urge to eat excessively.

73



Apple Cider Vinegar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

[Vinegar](#) is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [\[R\]](#).

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

Apple cider vinegar may help control overeating by increasing feelings of fullness after meals, reducing your calorie intake. It contains acetic acid that slows down stomach emptying, making you feel satiated for longer.

74



Spirulina

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

[Spirulina](#) is a supplement made from blue-green algae that grows in fresh and marine water [\[R, R\]](#).

Dried spirulina is up to 70% protein. It’s also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [\[R, R, R\]](#).

People use spirulina supplements to reduce [\[R, R\]](#):

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

Spirulina is high in protein and fiber, which can help you feel full and reduce the tendency to overeat. Additionally, it can regulate blood sugar levels, preventing spikes and crashes that can lead to overeating.

75



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation can help manage stress and emotions that often trigger overeating by promoting self-awareness and self-regulation.

76



Maintain a Regular Meal Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R](#), [R](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R](#), [R](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Regular meal times help regulate the body’s hunger signals, reducing the likelihood of overeating.

77



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR teaches stress reduction techniques which can lessen the emotional and stress-related eating.

78



Cashews and Brazil Nuts

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a small handful (about 1 ounce or 28 grams) of cashews and two Brazil nuts into your daily diet. This can be as a snack or added to meals like salads or oatmeal. Brazil nuts are high in selenium, so limit to no more than two per day to avoid selenium toxicity.

Description

Cashews are a nutrient-rich nut known for their healthy fats, vitamins, and minerals. Brazil nuts are a nutritious snack rich in selenium, a mineral essential for various bodily functions, including thyroid health and immune support.

How it helps

Cashews contain healthy monounsaturated fats that keep you feeling satisfied and prevent overeating. Brazil nuts possess selenium, which boosts mood and controls hunger, aiding in the management of the overeating tendency.

In a [non-placebo-controlled trial of 40 healthy participants](#), consuming a mix of Brazil nuts (15 g/day) and cashews (30 g/day) for 8 weeks had **no effect on food intake, appetite, or peptide hormones, but did lower postprandial ghrelin** [\[R\]](#).

However, consuming a shake with Brazil nuts (15 g/day) and cashews (30 g/day) **failed to reduce subjective appetite sensations, food intake at lunch, and energy intake throughout the day** in a [non-placebo-controlled trial of 15 healthy volunteers](#) [\[R\]](#).

79



Avoid Large Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Smaller meals can prevent the sense of over-fullness and help regulate appetite throughout the day.

80



Caralluma Fimbriata

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500mg of Caralluma Fimbriata extract twice daily for at least one month. Consume the supplement 30 minutes before meals, ideally breakfast and dinner, with a full glass of water.

Description

Caralluma fimbriata is an edible succulent known for its traditional use as an appetite suppressant in some cultures. It's sometimes used in dietary supplements for potential appetite control and weight management.

[Caralluma fimbriata](#) is a cactus-like plant. It is native to India and Africa, where it is traditionally used to reduce appetite and thirst in times of famine and long hunts. *Caralluma fimbriata* is also used to [\[R\]](#):

- Boost energy
- Lower blood sugar
- Control weight

People consume it raw, cooked with spices, or preserved in chutneys and pickles [\[R\]](#).

How it helps

Caralluma Fimbriata is a plant extract that suppresses appetite and prompts a feeling of fullness, making you less likely to overeat. It also inhibits the enzyme, citrate lyase, which is involved in fat production, thus possibly aiding in weight management.

81



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity is known to help regulate appetite and hormones related to hunger, thus potentially reducing overeating.

82



Nutrition Education

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Sign up for a comprehensive nutrition education course or workshop, which typically involves attending a series of classes or seminars. These can vary in length but often run weekly for 4 to 8 weeks, covering topics such as healthy eating principles, understanding food labels, and planning balanced meals. Aim to apply learned principles to your daily eating habits consistently.

Description

Nutrition education involves teaching individuals about healthy eating habits, proper nutrition, and making informed food choices. It empowers people to improve their diets, make healthier food selections, and ultimately support their overall health and well-being.

Nutrition education helps people with eating disorders better understand their condition and foster healthy eating behaviors [\[R\]](#).

It can involve [\[R\]](#):

- Understanding the effects of nutrition on the body
- Setting up a healthy meal plan
- Aiming for a healthy weight

How it helps

Understanding proper nutrition helps individuals make healthier food choices and can reduce overeating through better dietary habits.

83



Brazil Nuts

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 1-2 Brazil nuts daily to meet your selenium needs and potentially improve heart health and thyroid function. Do not exceed this amount to avoid selenium toxicity.

Description

Brazil nuts are a nutritious snack rich in selenium, a mineral essential for various bodily functions, including thyroid health and immune support.

Brazil nuts have an enormous amount of selenium along with other minerals like magnesium, phosphorus, and copper, and vitamins E and B1. A 1-ounce (6–8 nuts) serving provides 544 mcg of selenium or 989%DV.

How it helps

Brazil Nuts are high in fiber and protein, which can help you feel full and satisfied, reducing the temptation to overeat. They also contain selenium, a mineral linked to improved mood, which can help combat emotional overeating.

In a non-placebo-controlled trial of 40 healthy participants, consuming a mix of Brazil nuts (15 g/day) and cashews (30 g/day) for 8 weeks had **no effect on food intake, appetite, or peptide hormones, but did lower postprandial ghrelin** [\[R\]](#).

However, consuming a shake with Brazil nuts (15 g/day) and cashews (30 g/day) **failed to reduce subjective appetite sensations, food intake at lunch, and energy intake throughout the day** in a non-placebo-controlled trial of 15 healthy volunteers [\[R\]](#).

84



Chromium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 200 mcg chromium supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

200 mcg

Description

Chromium is a trace mineral that plays a role in insulin sensitivity and glucose metabolism. Adequate chromium intake through diet or supplements may help support blood sugar control and overall metabolic health.

[Chromium](#) (Cr) is a trace element. It helps regulate carb, fat, and protein breakdown [\[R\]](#).

Women need 20-25 micrograms (mcg) of chromium per day, while men need 30-35 mcg [\[R\]](#).

It’s easy to get chromium from your diet. Good sources include [\[R\]](#):

- Grape and orange juice
- Ham
- Beef
- Lettuce

You can also get chromium from supplements [\[R\]](#).

How it helps

Chromium can aid in managing the tendency to overeat by helping to regulate blood sugar levels. By doing so, it reduces food cravings and mood swings associated with fluctuating blood sugar.

85



Citicoline (CDP Choline)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 250 to 1000 mg of citicoline (CDP choline) daily, in the morning with or without food. For best results, continue this supplement regimen daily for at least 6 weeks to 3 months.

TYPICAL STARTING DOSE

250 mg

Description

Citicoline is a compound that may have cognitive-enhancing properties and is sometimes used as a dietary supplement to support brain function and memory. It's believed to promote neural health and cognitive performance.

CDP-choline is a molecule naturally produced by the body. It is important for cell structure and function. It also contributes to the production of the chemical messenger [acetylcholine](#) [R, R].

The supplement form of CDP-choline is called [citicoline](#). It may support brain and eye health. It may also help with drug addictions [R, R].

How it helps

Citicoline or CDP Choline can help manage overeating tendencies by enhancing brain function and improving impulse control. It aids in the production of neurotransmitters that regulate mood and appetite, potentially reducing cravings and overeating.

86



Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Limiting calorie intake is crucial in managing the tendency to overeat and maintaining a healthy weight.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

