

Conquer Your Cravings



Daily Tip for Thursday, July 27, 2006

Weapons of Hunger Reduction

So you're not an endocrinologist, we get it. That doesn't mean you can't understand one simple rule about hunger: You get hungry when your sugar level dips. So if you want to eat less, eat something that will keep that sugar level at "not-hungry" for longer -- and that's what protein can do. "I always suggest to my clients to have some sliced turkey or chicken, or low-fat cheese sticks on hand," says Tracey Mallet, star of *Tracey Mallet's 3 in 1 Pregnancy System*. And if the science of it all bores you, just enjoy this chance to pretend you're munching on hors d'oeuvres at a cocktail party.