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Majority of people get discouraged while maintaining their weight loss regimes as controlling hunger can be daunting for them. Several natural methods available can help suppress your appetite for a slim body. But one of the best ways to lose weight can be natural appetite suppressants as they cannot cause any major side effects. Many people do not realise that their kitchens are filled with foods that can help them suppress their hunger effectively. In order to increase the probability of weight loss success, it is better to include such foods in your daily diet programme. Though there are several weight loss supplements available on the market, natural foods are also among those methods that can help deter your hunger. It is always advisable to consume fewer calories and choose foods that act as fillers. Also try to bring variety in your diet and break the monotonous chain in order to make your diet programme interesting and fun. One of the major reasons why most people fail to follow their diet regime is that they try to be on calorie deficits, which leads them to boredom and eventually to the idea of dropping diet plan. It can be better to include the following foods in your diet that can help in boosting weight loss and allow you to curb your hunger:

Celery

Choosing foods with a low energy density can help control cravings for food as suggested by a research by the Mayo Clinic. Celery, for example is a low density food that contains few calories for a large amount. A cup of celery can provide only about 16 calories, which can help in achieving effective weight loss results. Besides being a significant appetite suppressant, the subtle saltiness and the crunchiness of this fruit can provide satisfaction to all the dieters.

Cocktail of psyllium

Psyllium is originated from the plant called plantago ovate, which is a soluble fibre that provides a sense of fullness and add bulk to the diet. Fibre can help in facilitating effective weight loss. Making a cocktail is an easy and effective way to use psyllium. It can be better to mix it immediately and drink it.

Lentils

Lentils can help in improving general health and weight loss due to its long list of outstanding qualities. Dieters, who take lentils, get a large amount of fibre that helps them with satiety. Per serving of lentils can contain about 8 grams of fibre. This can assist in stabilising blood sugar level with the help of its soluble fibre. It can help in preventing fat accumulation and spikes in blood sugar levels. Besides its fibre content, lentils can also fulfil the requirement of magnesium, folic acid, protein, and iron in your body. Every half cup serving of lentils can provide 9 grams of healthy proteins in your body.

Besides the above-mentioned benefits, there are more benefits of appetite suppressants as they can trick your brain by sending it an indication that your stomach is full, which in turn can help you eat less and lead towards weight loss.

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Shaily writes articles on health related issue and medication. Among her many written articles one is on a [appetite suppressants](#). Know more about natural appetite suppressants to suppress your appetite and a [lose weight](#) effectively.

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