

Egg Nutrition Center



Astrup A. The satiating power of protein – a key to obesity prevention? *Am J Clin Nutr* 2005;82:1-2.

There is an urgent need for effective tools to prevent weight gain in the population at large and weight regain in overweight persons after weight loss. In theory the solution is simple, but implementation will continue to be difficult and ineffective as long as we maintain the view that just telling people that they should eat less and exercise more does the job. This simplistic strategy assumes that humans have conscious control over appetite and body weight regulation, which is certainly not the case for most people; if it were true, there would be no overweight or obese people. I have never met an obese patient who has worked hard to become obese and to maintain an excessive body size. We need to acknowledge that our regulatory systems are geared to prevent depletion of body energy stores and undernutrition effectively, whereas the systems that reduce appetite and increase energy expenditure during periods of excess availability of foods are easily suppressed by palatability and by the social, psychological, and rewarding aspects of foods.