

Does Coffee Suppress Appetite?

Java lovers rejoice: Curbing your cravings with coffee is possible. Nutrition experts shared their advice and precautions

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I'm no stranger to coffee. Coffee is, after all, the lifeblood of many a writer's diet. And for any person seeking a productivity boost, the caffeine in coffee does seem to do the trick. However, does the caffeine in coffee also suppress

appetite? Yes, according to [Dan LeMoine](#), a board-certified holistic nutritionist and co-founder of re:vitalize weight loss and wellness. “It’s a natural stimulant, so it increases your metabolic rate, which can temporarily decrease your appetite,” LeMoine says. “In short, caffeine or any real stimulant has the ability to do that.”

[Geoff Borro](#), registered dietitian and board certified specialist in sports dietetics, echoed LeMoine, noting some of the other types of appetite-suppressing stimulants. “Almost any stimulant will suppress appetite including caffeine, guarana and synephrine,” Borro says. He added there are other appetite-suppressing ingredients found in nature, like garcinia cambogia, a tropical fruit, and hoodia, a plant found in deserts, although the research is more limited.

LeMoine noted some of the hormonal effects of coffee and caffeine may also play a role in hunger: “Caffeine or coffee can also increase levels of hormones such as adrenaline or cortisol, which can also reduce feelings of hunger.” That effect is also considered to be “thermogenic,” because it [increases metabolism](#), and acts as a natural [fat burner](#).

Some studies have also shown that coffee may [delay stomach emptying \(also known as gastric emptying\)](#), decreasing feelings of hunger.

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treatment of health problems. Always speak with your doctor before starting any new supplement or exercise regimen.

Should You Use Coffee to Suppress Appetite?

It depends. For those looking to curb hunger to help with a calorie deficit plan to reduce body weight, coffee does indeed appear to have appetite suppressing potential.

However, *should* you use coffee to suppress appetite? It's a simple enough question, but the "why" matters, Borro says. "In my practice, my first question to clients is 'Why do you need to suppress your appetite?'" Borro says. And often, a habit or lifestyle change has caused increased hunger. Lack of sleep, large and sudden drops in calorie intake and high intensity training regimens are a few of the most common, Borro says.

Your habits and routine affect the body's appetite hormones, LeMoine explains. "Ghrelin and leptin are two hormones that our body produces that play an important role in our feelings of hunger and our feelings of fullness, which lumped together constitute appetite," he says.

Ghrelin levels rise when you have an empty stomach to signal that you need energy intake, i.e. it's time to eat, while leptin triggers your sense of satiety.

So dysregulation could occur, for example, when a person who habitually overeats develops [leptin resistance](#) over time. That resistance can cause you

to never feel “full” despite eating what otherwise should be a healthy, nourishing amount of food. “There are ways to naturally rebalance those hormones, and then of course, there are some medications and/or supplements that can help you control your appetite as well,” LeMoine says.

But typically, it’s only after those root causes of dysregulation are addressed, like increasing or lowering your food intake or addressing insomnia, that a nutritionist will then recommend additional supplementation with caffeinated coffee or another caffeine supplement to suppress appetite. Or, put another way by LeMoine: “We have to make the important distinction: Are we talking about manipulating your body's function with coffee, or are we talking about regulating something that’s out of balance?”

But there’s another obvious catch: Should you drink coffee to suppress appetite even if you don’t actually *like* the taste of coffee? Well, the good news is that coffee is far from being the only game in town when it comes to stimulants: In South America, the uber-popular yerba maté is also drunk hot, for example, and has been studied for its [appetite suppressant effects](#). So whatever you elect to sip on, just know it’s the stimulant property that lends the appetite suppressing effect, not the coffee bean’s taste.

How to Use Coffee to Suppress Appetite



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While using coffee to suppress your appetite isn't recommended as a first-line solution according to most experts, there's a way to safely do so if other issues like sleep, over-exertion or drastic changes in calories have been ruled out. If those underlying issues that affect appetite control have been explored, and the client is on-track with diet and exercise, strategically dosed and timed caffeine can be a viable option, Borro says.

Abby Langer, a registered dietitian, says that as far as the exact amount of coffee required to have an appetite suppressing effect, there are a lot of unknowns. "There would be many factors to consider, including amount consumed, type of coffee and proximity to a meal, for example," Langer says.

And just like even [water can be over-consumed](#), there's a limit to how much coffee is safe: "According to the FDA, 400 milligrams of caffeine—the amount in four cups of coffee—is the maximum we should be consuming," Langer says. For the effects of caffeine to best kick in as an appetite suppressant, [studies indicate to aim to ingest caffeine](#) about half an hour before mealtime, or up to four hours before max.

However, Langers says to keep in mind that as a stimulant, coffee can also cause insomnia when consumed too close to bedtime, which would be counterproductive toward suppressing appetite: Lack of sleep can cause a [drop in insulin sensitivity](#), increasing hunger.

Another important consideration: In all likelihood if you're using coffee to control hunger, you also want to be eating fewer calories, or be in a daily calorie deficit. For that reason, you may want to try drinking black coffee (or black coffee with sugar-free sweeteners) to avoid adding excess calories alongside your caffeine intake.

How Much Coffee is Too Much?

"Too much" coffee varies person-to-person, but the recommended maximum threshold of 400 milligrams a day (per the FDA) is equivalent to roughly four cups of coffee a day. You can use your body mass for a more appropriately personalized measure—the guideline there is no more than 10 milligrams per kilogram daily. So for instance, for a person who weighs 50 kilograms, 500

milligrams would be an exceptionally high dose of caffeine to be ingesting in a day.

In lieu of using your weight for guidance though, the generalized guideline is that consuming more than 400 milligrams a day will cause jitteriness, anxiety and gastrointestinal discomfort. Plus, although ingesting caffeine won't necessarily dehydrate you, it also may not help you stay hydrated because coffee is a diuretic. A diuretic is a substance that prompts an increase in urine output.

And just like you have to be careful about drinking too much coffee, you also have to be careful about the effects of sudden cessation of coffee drinking. If you suddenly plummet or stop your caffeine intake, you can experience headaches, irritability, difficulty concentrating and other afflictions. If you feel like you need to lower your caffeine intake, do so in a tapered manner over time to avoid negative withdrawal symptoms.

Other Natural Appetite Suppressants

Barbara Kovalenko, RD and nutrition consultant at Lasta, says that there are solid studies backing the claims of other commonly found ingredients in appetite suppressants. "Supplementing with things like green tea extract, caffeine, guarana, Garcinia Cambogia, CLA, whey protein powder and other natural ingredients can help provide a boost of energy throughout the day while also aiding in appetite suppression," Kovalenko says.

Some of these alternatives use caffeine, like in coffee and [energy drinks](#); others have alternative active ingredients that boost appetite suppressing qualities. Kovalenko adds that it's vital to understand the ingredients in any supplement before incorporating one into your routine, and you'll want to be sure you're getting accurate information from a trustworthy source. Talk to your doctor before adding any supplement to your diet.

To help you out, we'll go over some of those commonly found ingredients in popular appetite suppressing supplements:

Yerba maté

Yerba maté is a tea-like beverage made from the leaves of a holly tree native to South America (scientific name *Ilex paraguariensis*). There is evidence to suggest that yerba maté may positively influence weight loss, including a [double-blind, placebo-controlled study out of South Korea](#) measuring the anti-obesity effects of maté. The caffeine found in maté—roughly equivalent to a cup of coffee—may in particular lend the beverage its appetite suppressing effects.

Garcinia cambogia

LeMoine says there's evidence that garcinia cambogia, a tropical fruit native to Southeast Asia, reduces appetite and increases feeling of fullness. The [Journal of Obesity](#) found small but statistically significant evidence of the compound's efficacy as a weight loss supplement.

Hoodia

“Hoodia is another natural ingredient that’s a cactus-like plant that’s been traditionally used in South Africa as an appetite suppressant,” LeMoine says. A [2011 study published in the *Journal of Obesity*](#) said hoodia supplementation caused short-term weight loss compared to the placebo group, and that more research is needed.

Green tea

Like coffee, green tea gets its stimulant properties from caffeine. “Green tea extract is also [full of antioxidants](#) that help fight off free radicals,” Kovalenko says.

Coleus forskholii

Coleus forskohlii, a type of mint plant native to India, Nepal and Thailand, has been shown to [stimulate the thyroid](#), a function that is linked to [metabolism and healthy weight](#) maintenance. Studies have shown some [evidence of appetite suppression as a result of coleus forskholii supplementation](#), although more research is needed.

Cayenne pepper extract

Studies have shown that [cayenne pepper can have an appetite suppressing effect](#). Do keep in mind though that cayenne pepper can be hard on those

with a sensitivity to nightshades, so you'll need to avoid brands that use cayenne pepper if you follow [Tom Brady's famously restrictive diet](#), for instance.

Synephrine

“Oranges of the bitter kind contain synephrine, a chemical that may help suppress hunger,” says Katherine Gomez, a registered dietitian and medical reviewer at [PsycheMag](#). Claims about synephrine, which is a non-stimulant, are backed by [promising studies](#).

Glucomannan

Glucomannan is a fiber that doesn't necessarily decrease appetite per se, says LeMoine, but helps you [feel fuller for longer](#). “Having more fiber in your diet just in general can help reduce your appetite because it helps regulate your blood sugar. When your blood sugar isn't spiking up and down, you're not getting huge cravings and you feel full longer.” And in fact, any [fiber supplement](#) can be beneficial for increasing without being a big hit on your total calories in.

Decaffeinated coffee

Here's an appetite suppressant out of left field: Decaf coffee, which has a surprising [amount of literature](#) backing its potential as an appetite suppressant, adds credence to the theory that coffee has weight loss benefits

beyond caffeine alone. Studies have shown that decaf coffee acts on the hunger hormone, peptide YY (PYY for short), another hormone that begets a feeling of fullness.

Chromium

“Chromium is a mineral that can help regulate blood sugar,” says LeMoine. “I see that ingredient quite a bit in supplements, although it helps [reduce cravings](#), not necessarily appetite.” Chromium in particular is known to reduce cravings for carbohydrates, and is an ingredient in the popular weight loss supplement PhenQ.

Coffee FAQs

How long does coffee suppress appetite?

This answer will vary from person to person, since your [resting metabolic rate](#) will be a big determiner of hunger. But ballpark, the average person will feel appetite-suppressing effects for three to four hours after at least a moderate amount (80 to 200 milligrams) of coffee.

Does caffeine help metabolism?

Yes, caffeine can give your metabolism a boost. The [thermogenic effect of the caffeine](#) in coffee is known to help metabolism by telling your body to burn

more calories. The effect is temporary and shouldn't be relied on alone to curb appetite or achieve weight loss.

What are the negative effects of coffee?

There are a few negative effects of drinking coffee. Insomnia is one of the more universal issues that arise from drinking caffeinated coffee close to bedtime. Coffee can also elevate blood pressure and heart rate, and those with gastrointestinal sensitivities can experience irritation in the lining of the stomach and intestines, leading to issues like reflux, diarrhea and indigestion.

Is coffee a stimulant or depressant?

The caffeine in coffee is a stimulant, meaning that caffeine acts on the central nervous system to increase arousal, rather than decrease arousal.

How many times a day should I drink coffee to lose weight?

In conjunction with a balanced, healthy diet, consuming coffee about half an hour to four hours before each meal will offer the most benefit toward suppressing appetite, although you should not exceed the maximum recommended guideline of 400 milligrams a day.

Our Favorite Appetite Suppressant Brands

It is crucial to embrace that supplements aren't the only way to suppress your appetite, Kovalenko stresses. "It's possible to suppress your appetite through natural means, such as eating smaller meals more often, avoiding processed foods, drinking lots of water and exercising regularly," she says.

She also emphasizes that weight loss supplements, including appetite suppressants, often aren't FDA regulated, and can come with side effects. "These side effects can include headaches, insomnia, nausea, vomiting, dizziness, heart palpitation and anxiety."

Appetite suppressant supplements can also cause dehydration due to the diuretic effect of some ingredients, and in extreme cases, life-threatening conditions like stroke and cardiovascular disease. Always consult your physician before embarking on a drastic lifestyle change, like an intensive exercise regimen or adding an appetite suppressant to your diet. A doctor can help you determine if and how an appetite suppressant could be appropriate and offer health benefits.

With those precautions in mind, these are a few of the brands that have stood out as top of their field supplements in the appetite suppressant realm.

PhenQ



PhenQ

PhenQ is a combination of all-natural elements that is “marketed for its ability to increase energy levels, suppress appetite and improve metabolism,” Gomez says. She noted that PhenQ has caffeine and the ingredient chromium picolinate, which can interact with certain medications.

Related Post: [PhenQ Review: Does This Natural Diet Pill Actually Help With Weight Loss?](#)

We’ve gone over a few of PhenQ’s active ingredients, including chromium, known to reduce carb cravings, and caffeine. Another ingredient in PhenQ is capsimax powder, found in chili peppers, which are [backed by studies as](#)

offering solid weight management support. PhenQ's formulation is also OK for vegans and vegetarians.

Although PhenQ isn't outrageously priced, it's one of the slightly pricier appetite suppressant supplements. The cost is roughly \$1.17 per daily dose.

[Buy PhenQ](#)

Transparent Labs Fat Burner



Transparent Labs

The Transparent Labs Fat Burner also uses all-natural composition with a goal to control cravings, boost metabolism and burn fat. Two active ingredients, green tea and caffeine [have been shown to increase fat burning](#) when taken together. Transparent Labs Fat Burner also has coleus forskohlii, which has a [thyroid stimulating](#) mechanism.

Related Post: [Transparent Labs Review: A Complete Roundup of Transparent Labs Products](#)

The supplement is tested by a third party for purity, but that won't protect you if you have sensitivities to nightshades or caffeine, so be wary. Transparent Labs, which also makes an excellent [stimulant-free pre-workout supplement](#), has both stimulant and stimulant-free versions of its Fat Burner. The supplement is \$54.99 for 60 servings, putting the cost just under one dollar a day.

[Buy Transparent Labs Fat Burner](#)

[Swolverine Therm](#)



Swolverine

Guarana extract is the key ingredient in Swolverine Therm. Research has drawn solid conclusions that [guarana does reduce appetite](#), leading to weight loss. Just watch your intake: Swolverine Therm has a robust 100 milligrams of caffeine per tablet, derived from both the guarana, green tea and yerba maté.

Swolverine is also [packed with vitamins](#) and minerals, upping its nutritional value. With 90 servings in one \$34.99 bottle of Swolverine Therm, this is also one of the most cost-effective appetite suppressing supplements on the market.

[Buy Swolverine Therm](#)

Kaged Clean Burn



Kaged

Caffeine-free Kaged Clean Burn is an excellent alternative for those with caffeine sensitivities. Even if you are able to enjoy caffeine, it's a great way to supplement later in the day, so as not to disrupt sleep. Active ingredients include capsimax powder and Carinpure, the brand name for an L-carnitine supplement. L-carnitine may carry some risk of side effects, including nausea, vomiting and diarrhea.

Kaged Clean Burn also has gymnema sylvestre extract, which has been used in traditional medicine for thousands of years. Studies show that the extract

derived from the gymnema sylvestre plant native to India and Africa may help with [insulin resistance and type 2 diabetes](#).

Kaged is also one of most budget-friendly appetite suppressants: A 90-day supply of the plant-based vegetable capsules is only \$29.99, making the cost only \$0.33 per serving.

[Buy Kaged Clean Burn](#)

Final Thoughts

It's key to remember that dietary supplements aren't a magic fix. "I think in America in particular, we love to just jump to the quick fix. What's the pill?" says LeMoine.

Instead, you have to address any underlying issues causing weight gain first. Consult with a physician. Examine your sleep, what you're eating, how much water you're drinking and your physical activity and stress levels.

"If we've addressed some of those things and we're still experiencing high appetite or issues of weight loss, then let's talk about supplementation," LeMoine says.

Prices are accurate and items in stock as of publish time.