

Steps To Help Reduce Cravings

1. First, make sure you've eaten enough early in the day. Consume adequate amounts of protein, carbohydrate, and fat regularly throughout the day. Restricting early may lead to a binge later.
2. Do something else- If you feel a craving coming on when it's not snack/meal time, take a walk, take a bath, paint your nails, or chat with a friend. Do anything that removes you from eating cues.
3. Exercise! Your body gives you a much bigger endorphin boost from exercise than from chocolate or other sweets. People often report a drop in cravings after exercise so plan your exercise for the time of day that you are most prone to food cravings.
4. Focus on fiber. Fruits, vegetables, whole grains, and legumes are fiber-packed and also filling. These foods are also generally lower in fat and calories so you can eat more without gaining weight.
5. Get a good night's sleep. Lack of sleep affects the chemicals in the brain and pushes us towards food for comfort.
6. Consider keeping a mindful eating journal rather than logging food in a calorie counting app. Write down not only what you are eating, but why you are eating and look for patterns after a few days of writing.
7. Consider seeking professional help from a licensed psychologist or therapist who specializes in eating issues.