



Tips for Coping with Food Cravings

Cravings can be very challenging to manage when you're trying to stay healthy and lose weight. When your mind tells you that you want (or need!) a bowl of ice cream, it can be tough to resist. Here are some techniques to help you overcome cravings:

1. Cravings sometimes result from a lack of nutrients, so be sure you're consuming a variety of foods to ensure your body is getting the nutrients it needs.
2. Listen to your cravings and adjust your diet accordingly. For example, if you frequently crave something salty, consider adding more salt to your diet.
3. Seek out healthy options for your cravings. If you're craving something sweet, try a piece of fruit or some frozen yogurt.
4. Since dehydration is often mistaken for hunger, have a large glass of water or some flavored seltzer water.
5. If you're simply thinking about or craving food due to boredom, call a friend, read a magazine or occupy yourself with one of your hobbies. Sometimes a small distraction is all you need to forget about your food craving.
6. Avoid diets that restrict certain foods. Including some of your favorite foods in your plan will help set you up for success.
7. If you're craving something salty, try pretzels or lightly salted nuts.
8. Select a small portion to give in to a craving. If you really want chocolate candy, buy one piece rather than a whole bag.
9. Skipping meals will make you ravenous and more likely to make poor food choices that may result from cravings. Make sure you eat breakfast and lunch every day to keep you going.