

50 TIPS FOR BEING AWARE OF CRAVINGS AND OVERCOMING THEM

Food cravings can hit you any time of the day and anywhere. They can be stimulated by a smell or a place or by an emotion. Use these 50 tips to become more aware of your cravings and how to overcome them.

1. Food cravings can be the result of a vitamin or mineral deficiency. Learn what is missing in your diet to curb your cravings.
2. Break food craving by identifying why you are craving it.
3. Sugar cravings stimulate the reward center of your brain, a lot like drugs do. These “Feel Good” hormones make you crave more.
4. Kicking a food addiction isn’t a difficult method but requires commitment and passion.
5. Detox your body of the food your craving. To do this you have to stop eating those foods.
6. Food is not rational. Food is culture, habit, craving and identity. ~ Jonathan Safran Foer
7. The sinful object of your lustful desires can be chocolate cake, caffeine -loaded coffee, alcohol or salty potato chips.
8. According to a Tufts University study, 91% of women said they experienced strong food cravings.
9. What is your cravings trigger? Stress? Boredom? Excitement? Social situation?
10. Wait out a food craving. They will subside quickly.
11. Use the flavors of vanilla, cinnamon, mint, cloves, vinegar, garlic, onion, berries and cocoa to combat cravings.
12. Take your own snacks to parties so you won’t be tempted by the less than healthy offerings.
13. I love all kinds of bread. Whenever I crave junk food, I want salty things like peanuts or potato chips. ~ Tyra Banks
14. Clean out the kitchen and pantry! Get rid of processed, sugar-laden foods and white flour products to curb cravings.
15. When you crave candy, substitute nuts, fresh berries, or homemade dried strawberries.
16. Substitute unsweetened yogurt with fresh or frozen fruit when craving ice cream.
17. When food cravings strike, go for a walk, dance or meditate.
18. Keep your hands and mind busy to curb sugar cravings.
19. Indulge in a small portion of the food you’re craving once in a while.

20. Stay away from social situations where you can't control your cravings.
21. Eat a balanced meal every three to five hours. You'll curb cravings and feel satisfied longer.
22. Eat more protein, fresh fruit and vegetables to curb salty cravings.
23. Buy only portion controlled sizes of foods that trigger cravings.
24. Eat a variety of foods and food styles to help curb cravings caused by food boredom.
25. Food cravings can be harmful, leading to a long list of health problems.
26. When you lack certain vitamins, minerals and other trace minerals, your body craves the food that resembles it.
27. When you want salty foods, your body is missing potassium.
28. If food cravings are out of control, keep a food journal for a month to find your triggers.
29. Choose "good carbs" like whole grains, beans, fruits, and vegetables to curb sugar and fat cravings.
30. Take care of yourself when you are stressed, angry or unhappy so your cravings for comfort food will be less.
31. Experiment with different scents to help curb your food cravings.
32. Dip apple slices in chocolate sauce to get healthy foods and satisfy your craving for sugar.
33. Nurture yourself with non-food fun when cravings attack. Get a facial, play with your dog or read a good book.
34. Peppermint essential oil is great for weight loss and suppressing cravings.
35. Candida overgrowth (yeast) causes a strong sugar and bread cravings. Cure it by detoxing your system.
36. Why is it when you're dieting, you crave everything?~ Kim Kardashian
37. Emotional hunger makes you crave fatty foods or sugary snacks that give you an instant rush.
38. Emotional hunger will often lead to bouts of mindless eating. Be aware of how you are feeling when you crave a food.
39. Change your routine. Sometimes that's all you need when you are craving certain foods.
40. Exercise and stretching first thing in the morning can ease caffeine cravings.
41. Dare to be different. Don't drink caffeine or alcohol just because everyone else is.
42. Swap out your caffeinated beverage with a great tasting herbal tea or sparkling water.
43. Curb your salt cravings by reading labels and avoiding processed foods as much as possible.

44. Pickles, olives, cheese and pistachios are great alternatives to salty chips and French fries.
45. Experiment with new grains like barley, millet, amaranth, whole-wheat couscous or bulgur to curb carb cravings.
46. I don't find it a struggle to maintain a healthy diet now as my palate has changed. I don't crave rich food.~Jennifer Ellison
47. Take five minutes and drink a large glass of water before acting on a food craving.
48. Exchange processed foods for low-glycemic foods to help curb carb cravings.
49. Retrain your brain, behavior and taste buds to enjoy whole foods as much as you love carbs.
50. Manage stress. Stress is one of the top reasons we crave sugary, salty and high-carb foods.



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