



STRATEGIES FOR FIGHTING FOOD CRAVINGS

- Prayer
- Plan ahead
- Drink plenty of water between meals
- Don't snack
- Eat at regular, set times
- Eat slowly and deliberately; put your fork down between bites
- Chew food well
- Fill up on fiber-rich foods
- Enjoy a wide assortment of fruits and vegetables
- Enjoy soluble fiber foods on a regular basis (oats, beans, barley, flax, legumes)
- Include healthful fats in your diet instead of trans & saturated fats
- Share your dessert (if you have one) with another person
- Eat a piece of fresh fruit instead of sweets
- Limit the number of food choices you allow yourself when at potlucks or buffets (i.e., 2 entrees, 1 salad, 1 veggie)
- Bring healthy choices to share at social functions
- Chew a strong mint gum or use a strong breath mint strip after eating
- Push your plate away from you when you are full
- Push your chair back from the table when visiting after a meal
- Put a napkin over your plate when done with a meal while others are still eating
- Divert your attention away from food after a meal
- Don't keep binge food items in the house or workplace
- Exercise every day
- Get regular sleep
- Manage Stress