

Change your food cravings to healthy

Food cravings can be hard to ignore. Many people find they want to eat healthier, but simply can't get over their cravings for unhealthy foods.

There are ways to overcome food cravings and change them into good habits. It takes time and practice, but it's well worth the effort.

Everyone has setbacks when they are trying to change unhealthy habits. If you slip up, start again tomorrow. Don't give up — believe you can do it!



If you're hoping to overcome cravings and give your body healthier foods, try these tips:

- ***Accept you have cravings and want to change.*** Everyone craves certain foods sometimes, and this is normal. Tell yourself it's okay to have cravings, and that you're going to find ways to handle them better — starting today.
- ***Avoid shopping while hungry.*** This is often when people buy those items they crave the most. Go shopping after you've eaten a healthy meal.
- ***Avoid the temptation.*** Stay away from the places or things that cause you to eat unhealthy foods, like fast food restaurants or regular afternoon trips to the bakery.
- ***Take it slow.*** Focus on one change at a time. For instance, if you always crave something sweet in the afternoon, think about one way you could change that food. You could have your favorite fruit washed and ready to eat.
- ***Focus on your eating.*** Think about what you are eating. If you have healthy foods ready to eat, you are less likely to grab whatever is easiest, like what's in vending machines or fast food.
- ***Look for healthier substitutes.*** Instead of a whole chocolate bar, eat one small piece. Purchase small, individual servings of treats so you're less tempted to eat larger portions.
- ***Eat more protein.*** Healthy proteins like lean meats, beans and lentils, small portions of nuts and low-fat dairy foods can help control your hunger.
- ***Look for ways to relieve stress.*** Many people crave unhealthy foods when they are stressed. Try walking, deep breathing, relaxing music or other non-food comfort tools.
- ***Drink more water and get enough sleep.*** Both of these healthy habits can help you feel less hungry and less likely to reach for unhealthy foods.

Source: American Academy of Family Physicians