

- 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.
- 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.

