



23 Ways to Curb Food Cravings

1. Plan healthful meals ahead of time.
2. Drink plenty of water between meals.
3. Eat at regular, set times and avoid snacking.
4. Take time to eat meals: eat slowly and deliberately; put your fork down between bites.
5. Chew food well.
6. Fill up on fiber-rich, unrefined foods, such as whole grains and beans.
7. Enjoy a wide assortment of fruits and vegetables.
8. Enjoy soluble fiber foods on a regular basis (oats, beans, barley, flax, legumes).
9. Include healthful fats (olives, nuts, seeds, avocado, olive oil) in your diet instead of trans- and saturated fats.
10. Eat a piece of fresh fruit instead of sweets.
11. Share your dessert (if you have one) with another person.
12. Limit the number of food choices you allow yourself when at potlucks or buffets (i.e., 2 entrees, 1 salad, 1 veggie).
13. Bring healthful choices to share at social functions.
14. Chew gum or use a breath-mint strip after eating.
15. Push your plate away from you when you are full.
16. Push your chair back from the table when visiting after a meal.
17. Put a napkin over your plate when done with a meal while others are still eating.
18. Divert your attention away from food after a meal.
19. Don't keep binge food items in the house or workplace.
20. Exercise every day; a 10-minute brisk daily walk will energize you and reduce cravings.
21. Get regular sleep.
22. Manage stress.
23. Utilize prayer.