

MANAGING CRAVINGS

TIPS FOR SUGAR, SALT AND PROCESSED FOODS

WHY DO THEY HAPPEN?

Cravings can be triggered by:

Biological factors: Low blood sugar or nutrient deficiencies can make you crave quick-energy foods like sweets or salty snacks.

Emotional triggers: Stress, boredom, sadness, or celebration can increase desire for comfort foods.

Habit & environment: Seeing certain foods, social situations, or routines can trigger cravings.

Psychological cues: Advertising, packaging, or past experiences can create associations with pleasure.



WHAT ARE THEY?

Cravings are strong urges to eat specific foods, often high in sugar, salt, or processed ingredients. They are different from regular hunger because they are usually specific to a taste or texture rather than a need for calories.



**Feed your body
what it needs, not
just what it wants.**

WHAT CRAVINGS CAN DO

Lead to overeating or poor food choices if unmanaged.

Affect energy, mood, and weight over time.

Provide temporary satisfaction but rarely meet real nutritional needs.

Disrupt balanced eating patterns, making it harder to reach health goals.

Trigger guilt or frustration, especially when linked to emotional eating.

Reduce awareness of hunger cues, causing you to eat when not truly hungry.

Create habit loops, where certain times or emotions automatically trigger cravings.

Impact blood sugar balance, leading to more cravings later in the day.

TIPS FOR MANAGING CRAVINGS

Eat balanced meals – Include protein, fiber, and healthy fats to stay full.

Stay hydrated – Thirst can feel like hunger.

Plan healthy snacks – Keep fruit, nuts, yogurt, or cut veggies on hand.

Mindful eating – Pause and ask if you're truly hungry or just stressed/bored.

Limit triggers at home – Out of sight, out of mind.

Smart swaps – Fruit for sweets, air-popped popcorn or nuts for salty snacks.

Sleep & stress – Adequate rest and stress management reduce cravings.

Don't skip meals – Eating regularly keeps blood sugar steady and prevents sudden cravings.

Add more protein – Protein helps you feel full longer and reduces sugar cravings.

Chew slowly – Enjoy your food; it helps your brain register fullness.

Brush your teeth after eating – Signals to your brain that mealtime is over.

Change your environment – Take a short walk, stretch, or distract yourself for a few minutes; most cravings fade quickly.

Keep healthy treats available – Dark chocolate, Greek yogurt with fruit, or smoothie bowls can satisfy sweet cravings.

Avoid shopping when hungry – You're more likely to buy high-sugar, high-salt foods.

Watch emotional triggers – Notice if stress, boredom, or fatigue are driving your cravings.

Balance indulgence – Enjoy small portions of favorite foods mindfully instead of complete restriction.

Plan ahead – Pre-pack healthy snacks for work, travel, or busy days to stay on track.

Cravings are a signal—listen to your body, not your impulses