

# Take Control of Food Cravings

***Even with the best intentions to start eating healthy, the hardest part of sticking to a nutritious diet is controlling the cravings. Here are some simple tips to help you control those pesky cravings that seek to ruin all the great work you did the week before.***

Don't keep junk food in the house. Instead, keep your fruit bowl well stocked and always have healthy snacks in the fridge, like carrot sticks and grapes. If you feel a craving creeping up, just grab a handful of nuts and a big glass of water, or maybe even have a teaspoon of honey to satisfy your need for something sweet.

Do something unrelated to food. Cravings generally last about 10 minutes, so if you feel one coming on, do something else. Play a game, go for a walk, take a bath, etc.

Do something else that gives you pleasure. Cravings are psychological. That chocolate bar releases feel-good hormones in our brain telling us that we need it. Exercise also releases those same pleasurable hormones, so try doing 10 minutes of physical activity to kick that craving to the curb and burn calories at the same time.

Make sure you eat a healthy breakfast. Skipping breakfast might seem like a great way to cut calories, but in reality, it's like running your car on empty. Your blood sugar level is low, and your body is craving sugary snacks to give it energy. A healthy breakfast should contain at least 5 grams of fiber and 5 grams of protein. So try steel-cut oatmeal with a side of turkey bacon or a delicious green smoothie.

**Source:** <https://www.webmd.com/diet/ss/slideshow-stop-cravings>



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