

Strategies for Healthy Living

Curbing Cravings

- You will eat what you see and have easy access to, so:
 - Don't keep junk food in the house. If you live with someone who has junk food, keep it in a separate cabinet
 - When going out to eat, put half in a to-go box right away; if eating at home, dish out your serving and put the rest away
 - Also when eating out, skip the appetizer and order your meal without the side of fries, potatoes, mac n' cheese, etc. When you do buy snacks, throw away what's left
- Consider curbside pick-up for groceries (e.g., Instacart) to eliminate the temptation of seeing food in the grocery store that's not in line with your goals
- Take a different route when driving if there is a place you routinely stop for food
- Reduce screen time if you fall for junk food ads
- Eat in the dining room, and only in the dining room, so that no other room is associated with eating
- Measure serving sizes instead of just eyeballing them (especially high-fat and high-calorie foods)
- Use small bowls and plates to help minimize serving size. Then, put the rest of the food away
- Have a plan before the cravings strike! If you usually snack while watching TV after dinner or scrolling on your phone, try reading, walking, or playing a game with your family. It's important to go do something during times that you have cravings (activities not associated with eating)
- If you're worried about missing TV or social media time, do it on the treadmill, elliptical, or stationary bike, which are incompatible with eating (and which are healthy activities!)

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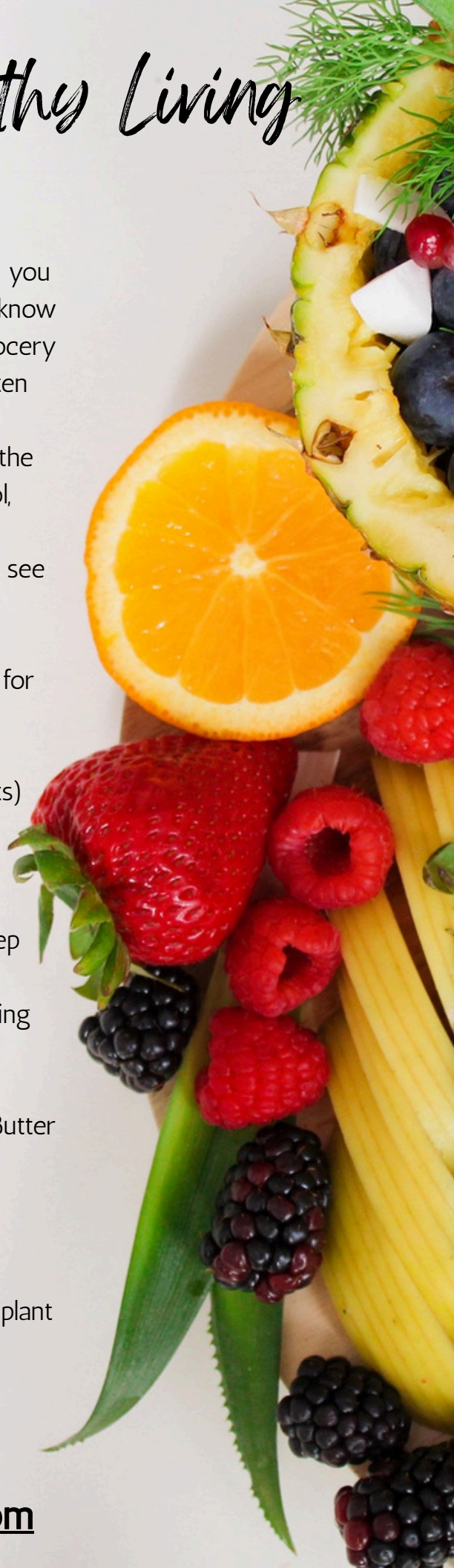
Curbing Cravings

- Have strong breath mints nearby and pop one in the moment you get a craving. And be proactive with this strategy when you know you'll have a craving (e.g., after eating a meal, being in the grocery store, while attending a social gathering, right after you've eaten the portion of a treat or meal that you allotted yourself, etc.)
- If you're tempted to eat snacks and can't remove them from the house, write a health metric with numbers (weight, cholesterol, blood pressure, A1C, etc.) or put a picture of something unpleasant/gross on the package that you will see when you see the snack
- Eat before going grocery shopping
- Go grocery shopping when you don't typically have cravings for snacks (e.g., early morning)
- Drink water throughout the day and before eating a meal
- Uninstall fast-food delivery apps (e.g., DoorDash and Uber Eats) from your phone to avoid temptation. You can also use an app blocker or have someone change the passwords so you can't log in
- Eat high protein and high fiber foods and stay hydrated to keep you full longer and reduce the urge to eat
- Plan your treats instead of having them in response to a craving
- Healthy swaps
 - Consider lightly salted popcorn instead of potato chips
 - Use dates with almond butter instead of Reese's Peanut Butter Cups
 - Sub out zucchini noodles for spaghetti to reduce carbohydrates and calories
 - Drink a low-calorie flavored water (look for natural sweeteners such as Stevia), black coffee with a splash of plant milk, or tea to avoid drinking calories

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- Healthy swaps (cont'd)
 - Look for sugar-free alternatives (with natural sweeteners) of things you like to eat
 - Try dried fruit instead of candy or sweet fruit like pineapple and watermelon
- Drop the struggle.
 - Let your craving be with you
 - Open up to the discomfort
 - Do a guided mindfulness activity (YouTube)
 - Do an urge surfing activity (YouTube)

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