



KNOW WHY YOU ARE CRAVING FOR SPECIFIC FOOD









1. DRINK WATER



FOOD HIGH IN PROTEIN

Oats



Milk



Peanut Butter



Beef



Turkey Breast



Eggs



HO

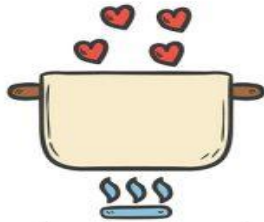


Get Enough Sleep





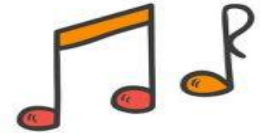
Don't hurry



Cook and eat in
a good mood



Feel the taste
of food



Soft, relax
music



Drink more
water

Mindful eating



Eat your favorite
food last



Respect your body
and health



Sit at a real table



Not multitasking

Grocery shopping while hungry



<http://theoatmeal.com>

REFERENCES:

- <https://www.mindful.org/6-ways-practice-mindful-eating/> -6 Ways to Practice Mindful Eating
- <https://www.reuters.com/article/us-shop-hungry-idUSBRE9450TF20130506-HealthNews>
- No, really - don't shop when you're hungry: study
- 10 Tasty Switches for Your Favorite Salty Foods-<https://www.webmd.com/food-recipes/features/most-tempting-salty-foods#1>