



KNOW WHY  
YOU ARE  
CRAVING FOR  
SPECIFIC FOOD













# 1.DRINK WATER



# FOOD HIGH IN PROTEIN

**Oats**



**Milk**



**Peanut Butter**



**Beef**



**Turkey Breast**



**Eggs**







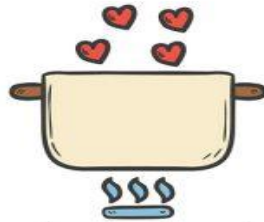
# Get Enough Sleep







Don't hurry



Cook and eat in  
a good mood



Feel the taste  
of food



Soft, relax  
music



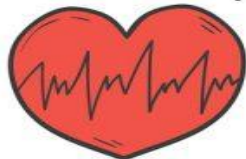
Eat your favorite  
food last



Not multitasking



Sit at a real table



Respect your body  
and health



Drink more  
water

# Mindful eating

# 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-Health News](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>