



The Secret to Curbing Food Cravings

Last week's article was all about sleep and appetite – emphasizing how good sleep habits are a key strategy to prevent overeating. But what about those persistent cravings that show up even when you're well-rested and eating balanced meals?

In a world full of tantalizing food options – that tempting candy bar at the checkout, the sizzling fries at lunch, or the delightful muffin from your favorite café – resisting seems like an uphill task, especially when everyone around you seems to be indulging.

But here's the good news: You have the power to shift this narrative. Your brain, with its immense capability, is your secret weapon against cravings.

Step One: Reframe Unhealthy Foods

If you're like most people, you've placed certain unhealthy foods on a pedestal in your mind. It's time to reposition them in your mind. Instead of viewing them as a treat, focus on their downsides. Unhealthy foods:

- Increase health risks like chronic diseases.
- Hinder your weight goals.
- Sap your energy.
- Dent your confidence.
- Lead to higher medical costs over time
- Diminish your overall quality of life.

The next time you feel drawn to junk food, remember this list. Replace those temptations with healthier alternatives.

Step Two: Celebrate Wholesome Choices

With those unhealthy options off your mental pedestal, it's time to elevate the nutritious choices. Think vibrant fruits, fresh vegetables, and nourishing whole grains.

The benefits? Wholesome foods:

- Support overall health and shield you from ailments.
- Aid in weight management.
- Boost energy.
- Elevate your self-esteem.
- Save on medical bills.
- Enhance your day-to-day quality of life.
- To aid this shift, dive deep into the world of nutritious choices. Wander through your local health food store, visit a farmer's market, pack balanced snacks for work, and purge your pantry of temptations. Seek out recipes that spotlight your favorite healthy ingredients.

Consistency is key. Embrace this mindset, and soon, you'll find that not only do you prefer nutritious foods, but the old cravings will fade into the background.

Tzatziki Dip

You will need:

- 1 cup grated, peeled cucumber
- 1 cup plain (unsweetened) plant-based or dairy Greek yogurt
- 1 tbsp chopped fresh mint
- 1 garlic clove, minced
- Salt and pepper to taste



Pat the grated cucumbers with a clean towel. Combine all in a medium bowl and chill for about an hour. Serve with crunchy raw vegetables or whole grain pita chips. Also wonderful as a dressing – simply add a bit of plain plant or dairy milk and drizzle over a green salad with tomatoes and chickpeas.

Tip: No more wasting fresh mint! Chop leftover mint leaves and place in an ice cube tray. Add water, freeze, and store cubes in a zip-top freezer bag. To use, thaw and pat dry.