

# HOW TO KEEP YOUR CRAVINGS IN CHECK



## ARE YOU MAKING HEALTHY CHOICES MORE CONVENIENT THAN LESS HEALTHY CHOICES?

Put some healthier options close by and keep trigger foods out of sight.

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## ARE YOU FEELING STRESSED, BORED, OR OVERWHELMED?

Make a list of simple soothers so you'll be prepared when cravings hit.

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## ARE YOU AVOIDING SOMETHING?

Notice it. Call it out, kindly - out loud. Take a breath or 3. Take one tiny step forward or spend 5 minutes on whatever you're avoiding.

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## IS THIS MONKEY SEE/MONKEY DO SNACKING?

Family or housemates' snacking habits can be contagious! Share your healthier eating goals, why they matter to you, and how it's difficult to opt out of the snacking. Don't expect them to change, but ask for their help to strategize for the next time it happens.

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## COULD YOUR BODY BE TELLING YOU SOMETHING?

When you notice that cravings are a problem, look at your eating that day and the day before. Are you skipping meals? Getting enough protein? Fiber? Nutrients? Try adjusting one thing at a time and assess if cravings get better or stay the same.

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**TRIED THESE STEPS AND YOU'RE STILL HAVING TROUBLE?  
A NUTRITION COACH CAN HELP.**