



8 Secrets to Kick Your Food Cravings

Eating healthy is easier said than done. We wake up in the morning with great intentions – today is the day we are going to eat healthy and quit eating so much junk food.

Somehow by late afternoon our will power wanes. We grab a candy bar or a sugary treat to give us that energy boost we need to get through the day.

Or evening strikes and we mindlessly snack while watching our favorite TV show. Who ate that whole bag of chips!?!?

You can eliminate your food cravings for good so you make the healthy food choices you really want to. Achieve the ideal body you've always wanted, all without feeling deprived.

Here are the 8 Simple Secrets to Kick Your Food Cravings:

1. **Don't let yourself get overly hungry.**

Skipping meals and allowing yourself to get overly hungry wrecks havoc on your blood sugar and metabolism. When we are hungry, we get angry, cranky and are no fun to be around (at least I am).

You will make better food choices when you keep your blood sugar levels stable. We often reach for whatever is easy or close by – usually a poor food choice... like the box of donuts sitting around the office.

Eat healthy foods regularly. Keep healthy snacks on hand at home, the office, in your purse, and in your car. Nuts are a great choice to hold you over between meals. I like to have fruit on hand – like apples or bananas.

2. **Eat Nutritious, Whole Foods** – You may be overeating because your body is not getting the nutrition from the food you are eating.

Avoid Processed Foods. This is much easier said than done. Today most of what Americans purchase at the grocery store is processed foods: chips,

crackers, pop-tarts, cereal, frozen dinners, hamburger helper, the list goes on and on.

Processed foods contain lots of added ingredients to get you hooked and craving more. I'm not kidding people – there's a reason we can't eat only one Oreo!

MSG is a commonly used additive in processed foods (not just Chinese Food). It started as a flavor enhancer and took off from there.

MSG has been shown to be addictive and a cause of obesity. [This article is worth the read.](#)

Your best bet is to stick with whole foods such as fruits, veggies, nuts, and meat. Cutting down on your consumption of processed foods will help with the food cravings.

3. **Cut out the sugar.** If you've done this before, you realize how challenging it can be. Processed foods are laden with sugar. [Our brain actually craves sugar like cocaine](#) – crazy huh?

Once you cut out the sugar for a few days – the cravings will subside and go away. It is tough going for a few days but completely doable.

Sugar is a gateway to other snacking – making you crave more sugar.

4. **Drink more water.** Most Americans are chronically dehydrated. Chances are you might be thirsty instead of hungry. We often confuse thirst with hunger. Your urine should be clear not yellow!

If you find yourself craving some junk food, first drink a big glass of water.

Avoid sodas and juice – clear water is best. And no diet soda – it is even worse than regular soda!!

Don't like plain water? Add some fresh lemon juice to your water – I add lemon essential oil to my water several times a day. Not all essential oils are created equally, so make sure you're buying a reputable brand. DoTerra is the only brand I will ingest.

5. **Drink 1 tsp. of apple cider vinegar in water with a sprinkle of cinnamon and honey.** It will help curb food cravings. It's a little different taste – just put a dollop of honey in it and mix it in well. If you use warm water, it helps the honey dissolve easier.

I like to drink a glass of cider vinegar water first thing in the morning.

Sometimes I drink it throughout the day, especially if I'm having food cravings.

6. **Get enough sleep** – being sleep deprived makes us prone to food cravings, especially sugar. Get a solid 7-9 hours of sleep to keep those food cravings at bay.

7. **Eat enough protein.** Diets are all over the place with how much protein we need. Still, most people don't eat enough protein.

As a general rule of thumb, women should aim for 45 grams a protein while men should aim for 55 grams of protein.

You should consider determining your specific protein needs based upon your weight – [here is a great resource.](#)

8. **Eat More Fiber,** it will help you feel fuller longer and keep your hunger at bay. Fiber is key.

Foods high in fiber are fruits and veggies. Take twice the portion of veggies as you normally would do and you'll easily reap the benefits.

Some examples are beans, bananas, oranges, apples, strawberries, raspberries, dark green veggies, beets, potatoes, etc.

Let's Start Kick Your Food Cravings Today

The key to avoiding food cravings is to fill up on the right foods – keeping you full helps you say no to those foods you really don't want to eat.

Be gentle with yourself – no one gets it perfect all of the time. I don't. If you eat something you wish you hadn't – just keep on truckin'.

Your next meal is the most important meal of the day – words of wisdom from fitness guru Dennis Hennis. Remember that!!!

Look forward and not back – you can do this!!