

Day 5: 10 Ways to Conquer Cravings for Good

Yesterday, we talked about how cravings are triggered by an addictive response to carbohydrates. Niki's story really highlights just how crazy the thought process is when it comes to cravings, especially when she says this about food: "...that was my love..."

Stop Those Crazy Cravings!

Another reason for cravings is that what you were eating before has left you malnourished and deficient in important vitamins and minerals. Right now, you are eating nutrient dense foods, but your body is still running on an old survival program to ensure that it gets enough nutrients in a day.

Your bad eating patterns from the past have trained your body to do this. The thing is that while the body knows what it needs, we often get the signal wrong.. at least in the beginning. After a while, you will notice that like Niki, you are craving broccoli instead of chocolate—a sure sign that you are listening and responding to your body's signals correctly!

10 Ways to Kill Cravings

1. Drink water! This is the #1 best way to kill cravings and burn more fat while on your program, and the reason we provided you with a water bottle.
2. Treat yourself to a nice cup of tea, herbal tea or coffee.
3. Eat at regular intervals to keep your blood sugars stable throughout the day.
4. Snack on meats, eggs and leafy greens.
5. Distract yourself for 15 minutes. Read a news article, text or call a friend.
6. Do your walk, or get a few more steps in. This will make you feel good and forget about food.
7. Brush your teeth. Many people find that they don't want to eat when their teeth feel minty clean and fresh.
8. Add hot peppers, hot sauce or chili flakes to your Personal Trainer Food. Spicy foods release the 'feel good' chemical called dopamine in your brain which is the same chemical that sweets release but without all the negative side effects of consuming sugars.
9. Take a good multivitamin, it can help overcome the nutritional deficiencies of your past diet. (We don't have one we specifically recommend; consult with your health care professional for the best one for you.)
10. Use your Sweet Garlic Butter Sauce, butter or other healthy oil on your vegetables. Healthy fats will help you overcome cravings.

Bonus tip: whatever you do, DON'T cave in to your cravings! Doing so will only lead to more cravings, and you will be stuck in the cycle of sugar addiction and unwanted weight gain. When you cheat, it takes your body about 2-3 days to recover!

Crave Water, Coffee and Tea Instead!

Look around the PTF office and you will see any one of us carrying a water bottle, mug of hot coffee or a luscious cup of herbal tea at any given time. We're not going to lie; like you, we have busy days here too, and that is where having non-caloric beverages within easy reach helps us to stay away from temptations.

Straight from the trenches of the weight loss world, here are some terrific ideas that you can use to spice up your beverage selection.

Hot Beverages

Coffee, just by itself is a wonderful, rich beverage to savor. A good roast can take the place of a chocolate craving. Try your favorite coffee over ice or ice-brewed for a chill treat. If you brew your own, preseason your coffee grounds with spices such as cinnamon or pumpkin pie spice before brewing. Have decaffeinated beverages on hand for any late night cravings.

Black teas and green teas are very healthy and also rich in flavor. There are many on the market with appealing flavors. Experiment with Chai flavors, orange, and apple cinnamon. The aroma of these teas are simply irresistible and instantly put you in a good mood. If you tend to drink sweet iced tea, try it unsweetened. It might take a few tries, but you might find that you like unsweetened tea better! You can also add lemon slices to your teas for a fresh twist of flavor.

For coffee and teas, you can use a non-dairy creamer and/or a non-caloric sugar substitute if you wish. Just liquid creamers, including almond, soy or coconut milk.

Keeping it Cool On PTF

We love flavored and sparkling waters. Fruit flavors will satisfy your craving for sweet things. You can even find chocolate and mint flavored waters—which are tastier than they sound! There are many noncaloric beverages and sparkling waters on the market today. Just read the label and if it says '0' calories, you can have it!

You can use Crystal Light, Mio or any other non-caloric flavor enhancer such as lemon or lime slices for your water.

And yes, you can have any non-caloric beverage, even diet sodas. Sometimes, a diet soda is just the thing to overcome a craving. Drink sodas sweetened with Stevia if you want to avoid artificial sweeteners.

Tip: diet sodas and club sodas are also a sneaky substitute for alcohol if you are at a social event. We will have some great ideas for social survival with PTF. It's easier than you think, we promise!

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

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