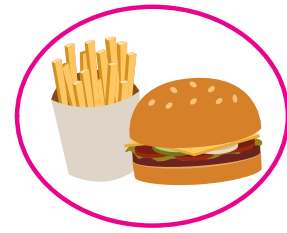


Get Through Those Food Cravings



Sherry Torkos, pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, shares simple ways to avoid getting stuck in a vicious snacking cycle:

Food cravings often hit when your stomach is empty. Eating regular meals that include a varied diet of slow release carbohydrates, protein and fibre will stabilize your blood sugar, making you feel fuller longer. Nuts, seeds, yogurt and veggie sticks are great options for snacks throughout the day and provide you with variety in your diet.

Eat regularly

You may think you're doing yourself a favour by having juice or a soft drink in lieu of a snack, but beware. That beverage may contain just as many calories as that slice of pizza you've been daydreaming about.

Drink with caution

Beverages can contain hidden calories that really add up. For a healthy alternative, swap your sugared beverages with Nestlé® Pure Life® Sparkling Natural Spring Water. It contains zero calories, zero sugar and is made with all natural flavours. You can also mix half a glass of juice with sparkling water as a way to retain taste but decrease your sugar intake.

Fruits, honey and agave nectar all contain naturally sweet flavours. Replace the sugar in your coffee and tea with honey or agave. You can also try eating a piece of fruit when that sugar craving hits. An apple will give you a sweet burst of flavour along with beneficial vitamins and fibre.

Indulge your sweet tooth naturally

Carry a travel size toothbrush and toothpaste in your bag. If you feel a craving coming on, head to a bathroom and brush your teeth. That just-brushed feeling can help minimize cravings.

Brush your teeth

Still can't fight your food cravings?

Try tracking your eating habits. Keeping a food journal is a great way to monitor your eating patterns and help you understand your eating habits. For example, if you discover you're prone to late night bingeing, you can prepare a healthy snack in advance or plan an activity that will divert your attention away from eating.