



10 Tips for Overcoming Emotional Eating

by Linda Spangle, RN, MA

- 1. Write it away**
Next time you get a craving for a specific food, such as cheesecake, write it down in a notebook. Recording a food thought takes it out of your head.
- 2. Take two bites**
Don't deprive yourself of your favorite dessert. Instead, take two bites. The first two bites of any food always have the most flavor. After that, you're just "feeding."
- 3. Food becomes wasted**
Stop feeling guilty about throwing away your kid's uneaten snacks or the leftover food on your plate. In reality, if you eat food your body doesn't need, it's wasted!
- 4. Set tiny goals**
Stick to an exercise plan by creating repeated success. Set small, achievable goals. If you can walk for five minutes a day, then start there.
- 5. What do I really want to chew on?**
When you crave crunchy or chewy food, think about what's bothering you in life. Is it finances? Kids? Deadlines? Since eating won't change it, try to cope some other way.
- 6. Instant way to stop eating**
When you've had a bad day and start eating nonstop, go brush your teeth. If you're not where you can brush, eat a distinctly opposite flavor. To block a sweet taste, suck on a lemon wedge or eat a sour pickle. To block salty or spicy triggers such as salsa, reach for a stick of gum or strong mint candy.
- 7. You can't CHEAT with food!**
Cheating refers to something illegal or immoral, and food is neither of these. Instead, refer to your *choices*. "I made a choice to eat a cookie today!"
- 8. Eat in the presence of others**
To overcome your patterns of sneak eating, make a policy that you'll always eat sweets or favorite foods in the presence of at least one other person.
- 9. Small wins**
Write down at least five things you did today that were small accomplishments. Before you go to bed, read your list out loud and tell yourself you're a great success.
- 10. No more deprivation**
Instead of feeling deprived or feeling left out, ask yourself, "What does my weight deprive me of?" Make a list of the things you're missing out on by being overweight.

Confused about which diet is best for you? Take the quiz! www.thedietquiz.com

Get weekly inspiration and encouragement with the **Weight Loss Minute e-zine**.

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