**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](http://www.thedietquiz.com)

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

Sign up at [www.WeightLossJoy.com](http://www.WeightLossJoy.com)