

Gotta have some Chocolate!

Food cravings can be caused by several things. Usually the body needs something – not necessarily what you're craving. Cravings can happen after eating too much of the wrong foods. As children, we may have been offered sweet tasting rewards. This practice can extend into adulthood. Certain foods are associated with pleasurable activities, cultural events, and family gatherings. People on restricted diets often crave the very foods they're trying to avoid.

Some experts suggest having a small portion of the food you're craving. But that's not always possible, nor practical. What you're craving may not be food at all, but ease or fun. If you can get at the root of what you really want, it might be easier to satisfy. Physical movement can take your mind off the craving. Any kind of pleasurable activity can distract. The craving may be to drink instead of eat. Try a full glass of water or other low fat beverage. Nurse Sue Spataro, RN, BSN, suggests eating regular meals can keep energy up and cravings down. She says when you're craving chocolate, you might just need rest. Salty or dairy cravings might indicate you need a real meal.

Finally, look into finding low-fat alternatives to your cravings.