How to stop cravings from eating away at you

Cravings for food usually hit us when we’re down and need a little pick-me-up. But, writes IS A CUMMINGHAM, there is a way to beat those cravings. Though only if you want to...

When a food craving hits, it can be hard to resist. Whether it be chocolate, chips, or any other food, it’s often through the diet that our natural instincts kick in and our body craves food. Cravings develop and why.

One of the reasons, according to Dr Surinder Baines, is due to environmental factors. A craving is essentially an emotional and psychological role. For a celebration, for a birthday party, for a special occasion, for a treat. A craving is the body’s way of saying it needs a break, it needs something.

Researchers have discovered that bad moods can be a trigger for cravings. We feel bad, we eat food and it makes us feel better.

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Dr Surinder Baines, lecturer in nutrition and dietetics at Flinders University, says cravings can be

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