



# YOUR FOOD CRAVINGS GUIDE

HEALTHY WAYS TO HANDLE THE TOP 5 FOOD CRAVINGS

By Susan Jackson, Wellness Coach

# Hi, My name is Sue.

I am a certified health and wellness coach who also struggles with cravings. I am still on my own journey to find my perfect balance in life and to get a handle on my own emotional eating. My own battles give me the inside knowledge of the pains you go through.

Wellness is a balance. That balance is always being challenged by our lifestyles, day to day situations and cultural norms. Wellness is also a personal journey. That journey should not be forced upon you, but a journey of self-discovery and balance.

I have lived my own ups and downs, had many successes and just as many failures. It is how you look at those failures and how you use what you have learned from those downfalls to boost you up. I know it is not easy. What has worked for me may not be your answer, but we can find what does work for you and set you on your own path, the right path. It is about meeting you where you are in your journey so far. Looking at your needs, wants, desires, goals and dreams. Making all of that achievable so that you succeed regularly, which ultimately gives you the drive to keep going!!

My life experiences, compassion and ability to keep you accountable and focused on the end goal speaks volumes.



*"In the dance between emotions and cravings, sometimes the heart yearns for comfort in the familiar taste of memories. Turning each bite into a bittersweet refuge from the struggles that simmer within." -  
Unknown*

All of us have been the victim of sudden and sometimes severe food cravings.

We have all been there. Did you know that there are certain cravings that are common among women?

While these urges can vary in nature and intensity, they all tend to be towards the unhealthy side of the spectrum. I'll explain why in a moment...

Athletes would have you hone "self-discipline" as a counter to these cravings, but sometimes that alone is not enough. Self-discipline goes a long way, but in this guide, you will be able to pinpoint the root of your craving and apply more specific measures to reduce them.

I am going to teach you to listen to your body. Ready?

# Chocolate

Craving chocolate could mean your body needs magnesium. Some great sources are nuts, seeds, and dates

Chocolate. Probably one of the most common cravings and one of the most satisfying.

Indulging in chocolate might just soothe your hankering tastebuds but any nutritional studies will tell you that the rest of your body could go without this sweet treat.

Studies show that a craving for chocolate might actually point towards a magnesium deficiency and not just a hungry sweet tooth.

To end this craving while making sure your body gets the nutrients it needs, switch to healthy magnesium-rich alternatives including nuts, seeds, and dates.

And who says nuts and seeds can't be as tasty as chocolate?

Another option is to consume spinach extract. An interesting study showed a dramatic drop of 87% in chocolate cravings when a mere 5 grams of spinach extract was taken alongside a meal.

Spinach delays digestion and naturally fends off hormones that would otherwise cause cravings or hunger.



# Carbs

Is pasta, bread, or even a plateful of mashed potatoes on your mind?

We typically crave carb-ed up comfort foods when we are feeling down or going through an emotional time, and that is because these dishes increase Serotonin levels in our brain.

We are craving what is known as the “happiness hormone.”

Since the essence of this craving is simply wanting a mood boost, the most appropriate thing to try is exercising instead.

Exercise is scientifically proven to increase serotonin levels. But if working out isn't your strong suit, try and opt for something else that isn't food related that will help to lift your spirits.

Engage in a hobby, or simply talk to friends to make sure your mind and body stay happy. What's your happy hobby or quick fix exercise routine you can do when your carb craving hits?

Craving the typical comfort foods can mean a craving for the happiness hormone.



# Salty Food

Is your salty food craving really a cry for help from your body for stress relief?

Salty food cravings are often wrongly attributed to a personal preference for sodium-filled snacks.

Research shows, however, that the root of these cravings might actually be symptoms of stress. So, before you eat that salt fueled snack, ask yourself if you have stress in your life right now.

To conquer this particular craving, try meditation or other mood-boosting activities. Take yourself away from work or the current situation for a bit and do breathing-control exercises.

Anything that lets you relax should help fend off salt-urges.

If your body is still reaching out for that sodium, try switching to nuts and seeds. Pistachios and sunflower seeds in particular can help regulate sodium and curb cravings. You could also munch on some celery sticks and hummus for a naturally salty yet healthy snack.



When life gives you a hard time, a tub of chocolate chip ice cream sounds like the perfect solution. Right?

Ice cream, since childhood, has been the go-to treat for when we feel down, need rewarding or need to cool down on a hot summer day. If the reason behind your ice cream craving is sadness or loneliness, it is a much better option to try reaching out to a friend instead, or taking a hot shower to get your mind off things.

If you are looking for a healthy alternative, try out a banana swirl--all you have to do is freeze and blend bananas till you get consistency similar to that of ice cream.

Besides reducing your cravings, the banana swirl has far less fat than the healthiest of ice creams, and it is rich in fiber and potassium. You can even change it up by adding flavor twists like raw cacao, vanilla, berries and honey. Have fun with your ice cream making. No guilt!!

# Ice Cream

A craving for the cold stuff doesn't need to be a bad thing with this super healthy alternative



# Sugar

Sugar is found in just about anything, but could it mean your body really needs something else?



Who doesn't have a sweet tooth?

Sugar cravings are the most common yet have the potential to be the most devastating for your diet.

Sugar has been linked to just about all chronic illness and disease and wreaks havoc on your immune system, hormones, and metabolism.

Studies have shown that a sugar craving can be attributed to a chromium deficiency. In order to get a fix of chromium, supply your body with fresh fruits, fresh juices, and smoothies.

Grape juice and apples in particular can help you cut down on your sugar sprees. More alternatives include dates and honey - both of these will satisfy a sugar rush without harming your diet and go perfectly in a smoothie.

If you want to refrain from food alternatives, simply walk off the craving. A brisk walk for about 15 minutes and a glass of water can help suppress and control cravings for sweet food.



# Mix and Match - do what works for you!!

In the end, you have to find a method that works for you. Adopt as many healthy habits as possible like exercise and meditation, and try to find underlying causes like stress or sadness that might lie behind your cravings.

It's up to you to understand your body better and implement as many things as possible to reign in your impulses.

Join others just like you who are trying to find balance in this crazy world. if you are in need of a little extra boost, become a member of my Wellness with Sue website. I have set up the website so that you have access to important information, courses, meditations, seasonal cleanses, and a wellness library - all to help you on your journey.

[www.wellnesswithsue.com](http://www.wellnesswithsue.com)