

Emotional Eating

Say Pass to Unhealthy temptations and Stay Fit

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We all try to lead a healthy lifestyle with our continuous efforts to stay away from the unhealthy food and an effort to stay closer to the gym. This task, however, becomes very difficult because of the donuts and munchies that are available in the office in the vending area or by the coffee machine, pizza with the friends outside, munching at home and the dinners out. In the morning when we want to leave the bed to head towards the gym to burn the extra calories we consumed, the warm comforter begs us to not do so. The beast known as temptation is always round the corner and forces us to eat unhealthy food. You have to fight with this monster sitting within your heart. You slay him once but he returns again. You slay again but it will still come back to steal the healthy habits from you. Fear not, here are some tactics that may help you to keep away from the temptation.

1. Take a deep breath whenever you feel like eating something unhealthy. Whenever you feel stressed or anxious, instead of reaching for a bag of fatty munching like chips, focus on taking a deep breath. A few slow, steady breaths through the nose can calm exhausted nerves. Add a mantra: Inhale peace, exhale tension.

2. Drink water. You might mistake thirst for hunger. When you feel an overwhelming urge to snack, drink a glass of water and wait 20 minutes. Your "hunger" pangs will most likely fade away.

3. Drink tea. Herbal and flavored teas pack plenty of flavor with few to no calories and possess antioxidant properties. Choose a sweet fruity variety to curb the desire to consume afternoon munchies.

4. Cut back on takeout dinners. Instead of getting takeout dinner on busy nights, stop by at the supermarket to buy a premium frozen meal. It will cost less than takeout, cook in no time and still satisfy your palate.

5. Be a kid again. Order from kids menu! This way you not only save calories but also eat smaller portions and save money!

6. Make it "bake". Skip the fried potatoes, bake them. Make wedges from potato or sweet potato. Brush some oil and add salt. Bake in oven at 450F for 30 minutes, flipping halfway through.

7. Visualize the consequences of eating out of temptation. Think that it will take weeks to bounce back from whatever unhealthy food you are going to eat now.

8. Track your calories. Keep a record of the calories you are eating. You can do so manually or online. There are certain websites which will help you calculate them. The number of calories required by your body every day is an important factor in how much you weigh. An adult man's body contains 10-20 percent more lean tissue (muscle) than a woman of similar size and age, therefore, men have a lower body fat percentage. This alone means that a man's average calorie needs are about 5-10 percent higher than a woman's calorie needs.

9. If you are a big chocolate and cream lover and can't pass up cakes and other similar eatables, try this. Mix some low fat milk with chocolate syrup, then slowly savor each rich and sweet sip. In addition to the taste you'll get a boost of calcium. Your craving for creamy chocolate treats will go away.

10. Start your dinner or lunch with soup. Research has found that eating a broth based soup at the beginning of a meal helps prevent overeating. Soups are high-volume foods but

often low in calories. Choose low-sodium varieties or make your own.

11. Seek support from your friends, family members and relatives. Tell them about your goal and what you aim. Ask for help if you are an emotional eater. Whenever you feel disturbed or anxious, call someone or talk to someone you feel comfortable with. If your urge to eat a box of cookies or a tub ice-cream finds the company, it may help to chat until the urge passes. Whenever you want to blow out the calorie bank, phone a friend. Go to the gym or for a walk/run.

12. Next time you visit the super market, stick to the area where you find fruits, vegetables, whole and healthful food. If you are closer to the processed and unhealthful foods you'll find yourself tempting to buy that food. Whole, healthful foods are usually along the outside edges of the store.

13. Build a healthy, bigger and better burger for yourself. Drop the fatty cheese slice to save 50 calories and 3 grams of fat or more. Swap beef for a veggie burger, use wheat buns not white and pile on the tasty, low-cal toppings: onions, pickles, tomatoes, lettuce and mustard.

14. Reduce your intake meatballs. Meatballs at a restaurant can weigh up to 8 ounces--more than twice a serving of meat. Make your own meat balls using extra lean turkey or beef. Create a size of a die. Six dice sized meatballs should equal a 3-ounce portion.

15. Learn to face your fears. When you feel strong enough to buy something to eat from outside, bring that temptation home. Know your strength. Tell yourself that you have the power to resist and it can make you feel even more powerful. Tell yourself that just because the cookies are in the pantry doesn't mean you have to eat them.

16. Keep a journal. Write down that you are trying to lose weight and it is difficult for you to control the temptation. Weigh the pros and cons of a decision of eating or not going for a workout. Make a list and then start counting: How many pros and how many cons? The answer should be clear to you.

17. The next time you're out for cocktails, ask the bartender to cut your drink with seltzer or club soda. You'll save calories, and the bubbles add a festive touch.

18. If find that something is tempting you, just like the donuts in the bakery near you, avoid the place. Out of sight, out of mind! You might trash the pantry full of junk food, changing the channel to avoid fast food ads or taking an alternate route so you don't walk past the bakery.