

Matching Cravings with Food Choices

based on the book "The Don't Go Hungry Diet" by Amanda Sainsbury-Salis

Basic Guidelines: 1) eat when you're hungry; 2) as closely as possible, match your body's cravings with the available food choices; 3) savor the food while you eat it; 4) stop eating when you're full. This leads more reliably to feeling both satisfied and full than restricting or depriving yourself does, thus reducing likelihood of a binge.

Questions to narrow down cravings:

- Do you want something hot or cold?
- Something fresh and crunchy or well cooked?
- Something sweet or savory?
- Spicy/hot or mild?
- Bland or flavorful?
- A certain herb or spice?
- Protein?
- Carbohydrates?
- Fat?
- Dairy?
- Something else?

As you go through these questions, start to get a feel for the kinds of food your **body** is craving. Then ask:

1. Will this food feel good while I'm eating it?
2. Will this food feel good once it's in my stomach?
3. Will this food still feel good one or two hours after I eat it?

If your answer to all three questions is "yes" then go for it.

If the answer to any of these three questions is "no" then think of some other type of food and ask yourself the questions again until you find what your body *really* wants.

If none of the available food meets all three criteria, pick the food that best fits the criteria rather than skip eating (if you skip eating, you are more likely to binge at some point). Then plan to have better food options available next time if possible.

