

CURB THOSE CRAVINGS

The body is an incredible series of systems constantly working to fulfil its daily demands and control moods. When key nutrients needed to fuel the body are low, your hypothalamus sends a message to you to provide these nutrients. Sometimes we translate these messages incorrectly and succumb to unhealthy 'cravings'.

Here's what to do instead:

***AVOID if allergic to NUTS**

- Perhaps you're not hungry but rather Thirsty.
- Have sufficient fluids throughout the day
- Aim for 7-9 hours of sleep a day



Stay Hydrated and have enough Sleep

- Are you having a variety of fruits and vegetables to meet hidden Vitamin and Mineral deficiencies?
- Have fruit and vegetables with a protein and/or healthy fat at snack time



5-a-day of Fruit & Veg

- Sugary cravings could mean you are energy deficient
- Have Complex carbohydrates at main meals to sustain blood sugar levels and control your appetite



Have enough Carbs

- Pack wholesome balanced main meals and snacks that include fruits, chopped vegetables, healthy fats (avocado, nuts*); have a water bottle
- Read labels to know your portions when you do have a treat on occasion



Plan your day