



## Sometimes I feel like I am addicted to food

### If you find yourself thinking...

- I ate candy (or any other food *not* on your diet) and blew my diet, so I might as well eat anything I want.
- Sometimes I wish I did not like food so much.
- Why do I even have to eat?
- Sometimes I eat really “good” healthy food, and other times I eat every “bad” food in sight—what is wrong with me?
- I hate myself for eating that much.
- Why do I want to eat so much?
- I just can’t stop eating once I start.
- I am afraid to go to the doctor—I don’t want to get weighed!
- I wish I didn’t weigh so much when I stand on the scale!

Remember, there is no food that is 100% good or bad (unless a person has an allergy to a food that could kill!). The problem with some foods, especially those that are full of calories, is that we can eat too much of them and the calories add up! The challenge is, some people have brain chemical imbalances and when some foods are eaten, certain brain chemicals are secreted and over-eating just happens. If you have this problem, this does not mean you should just give up. Failure is part of life and you need to pick up the pieces and follow the plan on the back page. Healthy eating will come naturally, over time, as you develop a strategy to combat this addiction.

### MY GOALS:

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### QUESTIONS TO DETERMINE FOOD ADDICTIONS

	YES	NO
When you eat rich, delicious foods, do you have trouble stopping?		
Do you often keep eating meals even though you are NOT hungry anymore? (Your stomach may seem like a bottomless pit)		
Do you seem to think about food in-between meals or much of the time?		
As you’re eating something, are you thinking about what you will be eating next?		
Do you eat when you are not hungry because things taste good?		

If you answer “yes” to 2 or more questions you probably have a food addiction. See other side for help.

# Steps to Combat Food Addiction



## COMBATTING FOOD ADDICTION

### Replace chaos with structure—

- Eat meals at consistent times—eat every 4-6 hours while awake, why? Eating every 4-6 keeps one from becoming very physically hungry. When one gets very physically hungry, it makes one more vulnerable—physically, emotionally and cognitively.

### Practice “Just Right Eating”

- To some, losing weight means starvation but that is old advise. Consult with your doctor or nutritionist, on the adequate amount of calories that your body needs to lose weight. Meals need to contain at least 400 calories and snacks at least 200 calories; however, make it a habit not to go back for seconds.

### Pick Foods That Will Satisfy - NOT Stimulate Your Eating

- You know the foods that press your “OVEREAT” button so avoid them and have healthy meals and snacks instead.

### Rehearse

- It is important to have a plan to know what to do when you are confronted with a food that presses your “OVEREAT” button. *For example, I encounter chocolate! I will \_\_\_\_\_.*

### Seize Control

- Emotional stressors can trigger our “OVEREAT” button. Be aware and have plans that can help you handle stress in a healthier way than running to the cupboard. *For example, take a walk.*

### Stop that Eating Thought!

- Change the channel—if you don’t...you are probably going to eat that food! If you are getting a tempting food thought, DO NOT DEBATE or you will surely lose! Instead, “Don’t go there.” quickly think about something non-food that is pleasant.

### Make the Irresistible Food Negative—Ways To Do This...

- Pair the unhealthy food with a stream of unappealing images. While you’re thinking about the irresistible food, start thinking about something very unappealing and soon the food will lose its appeal.
- Put your desired outcome at the front of your thought process. When you’re tempted to eat one of your irresistible foods, think about what your goal is. (health, weight loss, etc.) Now, think about how you will blow all of the progress you have already made. Remember how far you have come! Don’t blow it now...stay on track!