

FIT TIP

HOW TO BEAT COOKIE CRAVINGS THIS HOLIDAY SEASON



Cookie-preoccupation is an indication of hunger. When you deprive yourself of certain food items, the appeal becomes unbearable, and you are more inclined to gorge. Binges stem from starvation and stress, and typically include food items you restrict from your diet. Have you ever gone through a whole box of apples in one sitting? Didn't think so.

PREVENT HOLIDAY COOKIE BINGES BY:

- 1. Make sure to eat enough at meals. You can determine how many calories you need a day by multiplying your body weight by 10. Add about half that number for daily living if you are active, less if you are sedentary. Also add calories for exercise. Example: 180-lb active male: $1800 + 900 = 2700$ Calories/day.**
- 2. Enjoy a cookie or two as part of an overall healthy food plan. Try eating one and walking away for an hour. If you still crave a second an hour later, let yourself have a second cookie. You won't feel deprived and you will enjoy the sweets without the added guilt.**