



# Understanding Your Cravings

Salted caramels? Crunchy chocolate chip cookies? Mounds of pasta? List some of your most persistent cravings. Think about the foods that instantly come to mind when you're stressed, bored, sad, stuck in the office past dinner time, or haven't been as mindful of some of your blood sugar balancing habits.

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Now that you've identified your "gotta have it" foods, take a look at the questions below. The next time you've "gotta have it," find out first what your answers to each of these would be to help assess what you really need.

## **How long did I sleep last night?**

*Sleep deprivation can cloud the mind and judgment, and make me more vulnerable to caving to cravings.*

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## **When was the last time I ate?**

*Low blood sugar can spur the need for a sweet or salty snack to rev up my energy levels.*

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## **What's been on my plate recently? Could I be lacking some nutrients?**

*For example, if a deep calling for chocolate overwhelms me, I might be low on magnesium.*

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## **Did I set my day up right?**

*Kicking off the morning with a breakfast packed with enough protein and fat kicks cravings to the curb before they even start.*

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**Am I thirsty?**

*Maybe I need a tall glass of water (it's great for my body anyway!) Bonus points for taking the time to make a few pitchers or jars of Spa Water to keep on hand...*

**Is this a deeper issue?**

*Maybe I need to laugh or cry with a friend, or cuddle up with my partner. (Or dog...)*

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**Is my craving providing energy?**

*Caffeine & sugar cravings can be a sign that I didn't get enough sleep last night, and they'll send my blood sugar through the roof, which will then come crashing down again.*

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**Am I giving in to an old food reflex?**

*Sometimes, comfort food cravings begin in childhood; is this craving driven by that connection, or something else?*

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