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Holistic HABITS

TO REDUCE CRAVINGS AND
BALANCE HORMONES

These easy to implement tricks & habits will help you balance hormones & reduce cravings to get to your health and/or weight loss goals without getting overwhelmed.

FOLLOW THE 80/20 RULE

When we try to be 100% perfect with a way of eating, it can lead to a negative "good or bad" / "on or off" relationship with nutrition which can then lead to cravings. Aim to focus your plate, meal or day around 80% from nutritionally dense foods (think real, whole foods) and leave 20% not so nutritionally dense (think processed, refined foods) so there are no foods that are considered off limits

BALANCED MEALS = BALANCED HORMONES

To easily balance hormones, every meal or snack should include a balance of protein, fiber (preferably low glycemic or complex carbs) and healthy fat. This not only will help to balance blood sugar but will help with cravings especially if weight loss is your goal.

ADEQUATE PROTEIN AT EVERY MEAL

Protein is the most satiating macronutrient. It will keep you feeling fuller for longer periods of time. This will also keep you from snacking in between meals. A good range to start is 20-25g per meal. Protein can come in many forms from animal or plant based sources.

HYDRATE, HYDRATE, HYDRATE

Thirst can often be confused with hunger. If you are dehydrated, you may be having strong cravings for food while in fact, you just need to hydrate. Before grabbing for a snack, have a cup of water first. Daily goal? Aim to drink 2-3L throughout to make sure you are not dehydrated

ESSENTIAL FATS ARE A MUST

Fats are important for hormonal balance and help to control our appetite. Most fats can be manufactured by the human body except for essential fatty acids like omega 3's. These must come from our diet and key to combating inflammation and have. Include cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines, chia seeds, flax seeds, walnuts, egg yolks and supplements.

DITCH THE FAKE SUGARS

While fake sugars do not impact blood sugar or have zero to low calories, they have been shown to increase sweet cravings and contribute to bloating and / or digestive issues. Avoid fake sweeteners like aspartame, Acesulfame-K, sucralose, saccharin etc.

GET YOUR ZZZ'S

Sleep is sooo important to reduce cravings, balance hormones and helps our bodies regulate. Also it has been shown that hunger hormones can be higher when we are sleep deprived (feeling extra starving in the morning?) Aim for 7-9 hours a night.

STRESS LESS AND PRACTICE SELF CARE

Stress can lead to high sugar cravings due to cortisol being released. It also can make it harder to lose weight. Deep breathing, walks in nature, dancing, meditation, yoga, exercise are a few to help de-stress. Also, adding a self care routine can be key to supporting a shift in nutrition especially when it comes to our mindset & thoughts.. Journaling can be very helpful. To start, write out 15 reasons why you want to make this shift and any thoughts or feelings coming up about that. Do not judge them, Journal them out and love yourself through all the feels