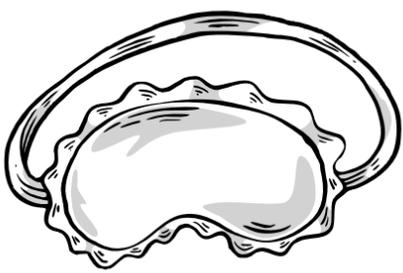


DEALING WITH NIGHTTIME CRAVINGS



Prioritizing Sleep

Quality sleep is a crucial component of managing nighttime cravings. A well-rested body and mind can help you make healthier choices, and explore strategies to improve your sleep habits.



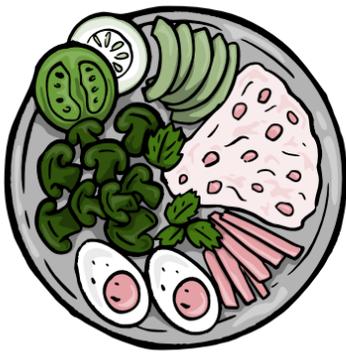
Move Your Body

Implement an after-dinner routine that includes a leisurely walk and relaxation techniques to curb late-night cravings. Avoid keeping refined carbs and sugar-laden snacks at home.



Balance Nervous System

High cortisol levels and an imbalanced nervous system can exacerbate cravings. Engage in activities that promote the parasympathetic (rest and digest) state, such as meditation and deep breathing.



High-Protein Breakfast

Start your day with a high-protein breakfast, such as eggs, leftovers from last night's healthy dinner, or a protein-packed smoothie. This choice sets the stage for stable energy levels and curbs sugar cravings throughout the day.



Fiber for Satiety

Incorporate pre-biotic, fiber-rich foods like vegetables, fruits, and legumes into your diet. Fiber promotes a feeling of fullness, stabilizes blood sugar, and nourishes the beneficial bacteria in your gut, supporting digestion and weight management.