

10 Ways To Stop Eating Cr*p

Curb those cr*ppy cravings for good



By Amanda Mammadova



Crap food. Junk food. Call it what you want. We all know what it is. Any food that is highly processed, high in calories and carbs, and low in nutrients. Usually deep fried or brightly coloured, junk food is high in sugar and salt .

Eating a diet consisting of mainly junk food puts you at high risk of heart disease, Type 2 Diabetes, obesity, depression and a whole heap of other health problems. Also, because of its low fibre content, you could also end up constipated.

Just eaten but still feel hungry? Whilst you may have just consumed a lot of calories, because of their low nutritional value you'll be feeling hungry again not long after eating.

And the high sodium content in fast food could weaken the bones, leading to Osteoporosis.



Put down that Pizza Susan!

But Amanda, junk food taste soooo good!

I know, I know. And in moderation it's fine. But eating cr*p every day will lead to long term health issues and you don't want that. So here's x ways to prevent or stop unhealthy cravings for cr*p

1. Drink Water.

It may sound obvious but sometimes thirst is mistaken for hunger. Drinking water before eating will fill you up and you may find the craving subsides after a few minutes.

2. Plan Your Meals.

Everyone has days where they're too tired to cook. A great idea is to prepare some meals in advance so they're ready in the freezer for when you need them. If you can plan and prepare your meals for the whole week, even better. If you know what you're going to be eating all week you'll be less tempted to splurge on junk food.

3. Eat More Protein.

Eating more protein will help you feel fuller for longer, reduce your hunger and fuel muscle growth (which is never a bad thing). Increasing protein intake may reduce cravings by up to 60% and reduce the desire to snack at night by 50%.

4. Leave.

When you're feeling the urge to eat cr*p, try to distance yourself from the food. Take a walk, have a bath, listen to loud music, hit the gym. Distract your mind onto something else to shift the focus away from food. Some studies have shown that chewing gum can help reduce cravings.

5. Reduce Stress

Stress can greatly influence our food choices and those that are highly stressed tend to make poor choices. Stress causes the hormone Cortisol to rise and cortisol has been shown to influence weight gain, especially around the belly area.

6. Get Enough Sleep

Your appetite is largely affected by hormones which fluctuate during the day. If you don't get enough sleep, this could lead to poor appetite regulations. Studies show sleep deprived people are 55% more likely to become obese, compared to those who get enough sleep.

7. Don't Shop On An Empty Stomach

Never, ever go to the supermarket when you're hungry. You'll end up drawn to all the crap specifically marketed to your grumbling belly. It takes a strong mind to ignore a jammy Wagon Wheel when hungry! Always eat before food shopping to avoid being sucked into the supermarket trap.

8. Don't Buy Cr*p!

It sounds obvious but if it's not to hand, you're less likely to give in to temptation. Bypass the junk food sections at the supermarket. Bin any takeaway menus and delete any food ordering apps on your phone if you have them.

Excuses, Excuses

- I don't have time to cook anything. Grabbing something out of a box is quicker.

That's ridiculous. Scrambled egg in a frying pan takes 2 minutes. Literally. It takes approx 4 seconds to reach for an apple out of a fruit bowl, and a max of 10 seconds to peel a banana.

- My colleagues have cakes at work. it's expected of me to join in

If your colleagues all had Syphilis you wouldn't have to have that too. It's the same with cakes, muffins, biscuits and any other sh*t you'll find in the communal kitchen. Just. Say. No.

- Today is my cheat day

Cheat day means adding in a favourite food that you've not had all week. 1 meal. Not an entire day! What's the point of having a calorie deficit all week if you then consume your entire deficit in 1 day!

- Eating healthily is too expensive

This is a popular misconception when it comes to food. Fruit and vegetables can be bought cheaply from the local market. You could even go to a 'Pick your Own' farm if there's one nearby. Local butchers tend to be cheaper than supermarkets and there's always bulk buy places like Costco, which works out cheaper in the long run.