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10 Ways to Curb Your Snacking Binges

By Renee Kennedy

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When you're dieting, the thing that can really wreck a healthy eating plan is that awful feeling that comes over you to just grab a huge bag of potato chips and polish it off while watching your favorite sit-com.

We've all been there before!

There are things you can do to help yourself avoid the ugly urge to snack uncontrollably.

1. First things first:

Eat breakfast, lunch, and dinner.

Plan to have healthy snacks throughout the day. Do not skip meals or planned snacks. Skipping nutritious foods will make you feel uncontrollably hungry!

2. If you can, avoid purchasing any unhealthy snacks.

There are so many "good-for-you" snacks on the market today, there is really no reason why you should have a cupboard full of ring-dings and cheesecurls. Start learning to read the back of the packages of foods – look at the fat content – if it says that the fat content is over 5% per serving – look for a different snack.

3. Here's a list of healthy snacks that are low in fat content, but still high in satisfaction (and I'm not talking about carrots and celery!):

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- pretzels (watch the sodium content, though.)
- graham crackers
- any type of low fat crackers – (there are many different varieties – read the back of the packages to make sure that they are low in fat. Again, be wary of the salt content.)
- low fat cookies
- popcorn without butter (you can buy butter flavored salt.)
- a cup of fruit with non-fat cool whip on top or a spoonful of honey.
- fat free pudding
- a stick of sugar-free chewing gum
- a couple pieces of licorice

– a cup of raw veggies with non-fat salad dressing for dip (ok, so you may have to eat a few carrots.)

4. Treat yourself to scented candles. When you feel like you need a snack – light the candles and enjoy them! This actually does work – I've tried it.

5. Instead of a snack, have a drink. Try a non-caffeinated herbal tea with a spoonful of honey. There are several drinks on the market with no caffeine and no sugar – buy a lot of that stuff – different kinds – and keep it on hand. Before you go for a snack – drink 8 oz. of your favorite drink, then decide if you really need a snack.

6. Take up something you can do with your hands -- crochet, knitting, puzzles, cross-stitch, sewing, playing piano, paint your nails and toenails, weed the garden, do a little housework, look at a magazine for the fashions you will buy when you're thinner...

In other words, get your mind off food and onto a healthy hobby.

7. Don't watch TV. TV encourages snacking – you're sitting there, you feel like you should be doing something – so you go for the snack. Also, most of the commercials are about food. Stay away from TV, take up reading or another activity in number 6 above.

8. When you're finished with a meal or a planned snack, brush and floss your teeth – this will help you stay away from food for about an hour.

9. **THINK** – just take about one minute to think about what you are doing. Go look at yourself in the mirror during this minute. Ask yourself, "Do I really want to eat this and **PAY** the **CONSEQUENCE**?"

10. Use your NutriCounter – Every time you eat something – input it into your NutriCounter – This will help you keep track of what you've **REALLY** eaten. Snacking and nibbling can be the death of a healthy diet. Here's info on the NutriCounter:

Last month, we had a fabulous testimonial from a satisfied NutriCounter user. Here's what he has to say about keeping track of what you eat:

"I already have a NutriCounter, it has done wonders for me. In April, I had my gallbladder removed (I'm only 33). I am 6' 4"

and was 304 lbs., in pretty good shape. After my operation, I started to watch what I ate, the doctor said it would be a good idea. Writing everything down was a real pain, although I thought it was working well.

Then I purchased the NutriCounter. Wow! I was eating about 1200 to 1600 more calories and about 30 to 60 more grams of fat. Writing down the info was not even close to what I really was taking in. The best news is I'm 251 lbs. now, I lost 53 lbs. so far. Just wanted to say thanks." Corey Susz — PA

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!

How To Snack Without Getting Fat

By Kim Beardsmore

Did you know that when you are on a diet, if you eat something and no one sees you – it doesn't contain any calories!

Are you a secret snacker? Do you eat when you are bored, upset, angry? Does every day mean a chocolate bar for you? Snacking...the secret sins of most people wanting to lose weight.

As a wellness mentor I find that people are often feeling so guilty about snacking they are embarrassed to talk about it openly. Women in particular laugh nervously when I ask them what happens to their food consumption around 4pm. This often is the time of the day when the "Snack Monster" rises up

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and takes control of them! Often these women berate themselves with ideas about being weak and out of control. They either eventually give up on their diet altogether or develop counter thoughts so they don't feel so bad. "It didn't really matter – it is fat free". Or, "if no one notices, the calories don't count".

Your diet does not have to be like this.

You can lose weight without being hungry. You can learn to take control of the "Snack Monster" and your program can be one to set you up for success, not failure.

An important key is to learn how to recognize what your body requires, the signals it gives you, and learn how to respond to those signals appropriately - diet and guilt are two words that do not belong together.

Hunger is the body's way of telling us we need to replenish depleted nutrients. Unfortunately our body can't say "I need more vitamin D". That would make things so easy! Many of us interpret hunger pains as our body saying "I need more fat", "I need more sugar".

The keys to healthy snacking are: Know what foods to avoid, and Planning - get yourself organized.

What is a healthy snack? One that contains little or no sugar, little or no salt (sodium), no white flour and no saturated fat. Check the food labels to see what is inside. Many foods are now labeled 'fat free' but are laden with sugars and will still cause an influx of calories. Do not assume that 'fat free' means healthy! Western societies are eating more and more fat free foods, and yet obesity levels are rising faster than ever.

Healthy snacks do not live in a vending machine.

Here are some healthy snack ideas.

Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini may be served with a lowfat dip.

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Fresh fruit in season.

Lowfat quick breads and muffins, such as pumpkin, zucchini, banana or bran.

Non-sugared cereals, snack mixes made with popcorn and whole grain cereal.

Lowfat yogurt with fresh, frozen or canned fruit.

Shakes with lowfat milk or yogurt and fruit.

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A few squirts of butter-flavored spray and a sprinkle of garlic or onion powder on popcorn

Organize yourself to stay on track.

Plan to have a small snack mid morning and mid afternoon. It is much better to curb your hunger than to starve yourself.

Plan your snacks as part of your overall daily food plan.

Organize your week - especially if you work outside the home. Write a list of snacks for the entire week and make sure you shop ahead. Buy enough to last the whole week.

Buy a variety of healthy snacks so you don't get bored.

A report has shown that people who have a healthy intake of food in four of five episodes throughout the day are less prone to obesity than those who eat three or less times during the day.

Snacking CAN be good for you!

Kim is successful a wellness mentor. She has been assisting people achieve excellent health through cellular nutrition. For those wanting to lose weight she uses a proven amazing, approach that enables people to have a boost in energy and block to cravings while they are losing the weight. She has a Bachelor of Science majoring in Biochemistry and Histology. Visit

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