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Most of us have food cravings, and they're often in the form of junk food loaded with sugar, fat and calories. French fries, doughnuts, potato chips and cookies can be hard to resist, but regular consumption of these snacks can cause problems for your health, waistline and well-being. Try the tips below to maintain good eating habits and manage those unhealthy cravings.

1. **Remove temptation.**

If you crave a particular type of junk food, like ice cream or candy, don't keep it around. The more easily you can satisfy a craving, the more likely you are to give in. On the flip side, the less you give in to a craving, the weaker that craving becomes. Set yourself up for success by making your biggest cravings less available.

2. **Make healthy swaps.**

Planning ahead is key. Look for [food inspiration](#) and have healthier alternatives readily available. Instead of a bag of potato chips, have a few olives or veggies with hummus. Fruit with nut butter is a hearty alternative for a sweet craving. If chocolate is your weakness, stick to dark chocolate with 70 percent cacao or more.

3. **Get moving.**

A study published in the Journal of the American College of Nutrition found that beginning and maintaining a regular exercise regimen may lead to [increased fruit and vegetable consumption](#). So get moving and make it a habit; you may find yourself eating healthier without much thought or effort.

4. **Occasionally give in.**

If you deprive yourself of something completely, [your cravings can get more intense](#). Unless you have a specific health concern, you shouldn't have to eliminate

*Refer  
a  
friend*



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Us*



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an  
appointment*



something from your diet completely. Allow yourself to give in every now and then, just control your portions.

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