

How to avoid overeating



When faced with a situation where overeating is likely, consider strategies for controlling cravings for unhealthy foods. By resisting the initial impulse to eat, divert your attention to other activities like socialising, drinking water, walking or a low-intensive activity.

The intensity of your cravings should subside within 10-20 minutes.

Moreover, the encouragement of your loved ones can be incredibly beneficial. Inform them of the reasons behind your efforts to alter your diet and lifestyle and ask for their support in making healthier food choices!