- Eating customs

How do I cope with my emotions without food?

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perfection. All you need is a little progress one day at a time. Until your body feels more comfortable with the changes and you begin to eat more life-giving foods and less junk food, feel more energetic, and become more physically active. Quit the cycle of deprivation and overindulgence. Don't try to eat clean for a week only to find yourself giving in to cravings the next coming weeks. Don't immediately do an hour of highintensity exercise only to feel faint in the middle of the workout and vow never to do it again. Start slow, and gradually progress in your lifestyle habits.

Learn to carry a water bottle and mindfully take gulps throughout the day. Staying hydrated will help with metabolism, prevent food cravings, and keep you feeling fuller. After all, the brain mistakes thirst for hunger.

Don't stock junk food at home. Buy fresh fruits instead and bring them as a snack. You can allow yourself small treats, but remember to reduce the portion size. If you are used to eating a large bag of chips or an entire chocolate bar, just buy one small bag of chips that you can eat in a span of two days instead of one sitting. Get a bite-sized chocolate that you can have once a day. But first, eat your fresh fruit, or you can have a fruit smoothie at home too, after work or before you leave for work.

If you don't eat breakfast, practice having a warm soymilk or nutmilk with fruit or oats before leaving the house. That way, you begin to reset your body by helping stabilize blood sugar, hormones, and your gut microbiome early in the day. You will crave less later in the day.

Incorporate vegetables into onepot dishes. Don't cook anything complicated. For example, if all you have time for is to cook an egg and rice, simply chop some vegetables like tomatoes, bell peppers, and the like, and add them to the egg. Make a vegetable omelette. If you just have time to cook one dish, for example, tinola or sinigang, make sure that the portion of vegetables is more than the portion of animal protein.

Eating vegetables may not be appetizing, but we should eat for health reasons, and pleasure is secondary. Eat the vegetables at the start of the meal and leave your favorite dish toward the end of the meal as a treat. This way, you eat less of the less healthy options.

Take five-to 15-minute walks at least three times a day before or after a meal or in between work or school. You can do it inside your room, house, or office. You can walk in place while watching TV. Stand whenever you can, take the stairs. Begin with these mindful movements, and you will improve in stamina to prepare your mind and body for future structured exercises. Become a healthier version of you, one bite and one step at a time.