



## What Can You Do to Resist the Flood Of Junk Food Fighting For Your Attention?

By Heather Dzioba, Dietitian at Regina Community Clinic

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### *Don't let yourself get too hungry.*

If you're too hungry, "your gut signals the reward system in your brain. You need to really be on the lookout and respond intensely to any food cues you see," says Ashley Gearhardt, Assistant Professor of Psychology at the University of Michigan. Her advice: skip the crash diets and "focus on the quality of the food you eat."

### *Don't drink your calories.*

Sugary drinks - soda, sports drinks, energy drinks, or sweetened teas - lead to weight gain. It's not clear why. One possibility is that liquid calories may not "register". People eat only slightly less food when they drink a 150 calorie glass of cola with lunch than when they drink a zero calorie glass of water or diet cola.

### *Find foods that don't cause a war.*

Hungry between meals? Try fresh fruit or carrots with hummus. Try to identify foods that you enjoy but that don't cause an intense internal struggle, for example, "I'm only going to have one bite of this but, oh, I want more" suggests Gearhardt. "That's exhausting. The willpower parts of your brain can only take so much."

### *Address your stress.*

"Stress can be a huge cue," notes

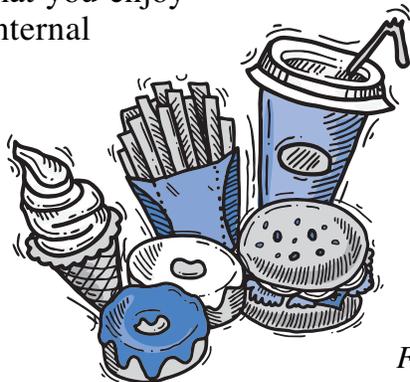
Gearhardt. "Notice the emotional triggers that can set you up to crave palatable rewarding foods". Go for a walk, call a friend, try some meditation, or distract yourself. "The craving will peak and then go down if you don't give in to it." Why does stress take a toll? "When we're stressed, the executive control system in the brain - the signal to stop eating- is weakened. Stopping ourselves from doing things we want is taxing and energy intense. So when we're stressed, there isn't much energy for that."

### *Get enough sleep.*

When researchers let people sleep only four hours a night for five days, they ate more and gained weight. In similar studies, "participants reported increased hunger," says Erin Hanlon, assistant professor in the Department of Endocrinology, Diabetes and Metabolism at the University of Chicago, "and their appetite was greatest for high-carbohydrate or high fat foods."

### *Give yourself a break.*

"I ask people to have some compassion for themselves, because it is really hard," says Gearhardt. "Our food environment is set up to make it hard for people to eat healthier." ♦



Source: Saskatoon Community Clinic  
Focus newsletter, Fall 2017.