

How to Rehab your food habits

THINK BEFORE YOU EAT!

1. Becoming aware

Habits are automatic. Firstly focus your attention on what you eat, when you eat and why you eat it. Spend a week getting to know your cues to eat and record a food diary of what you eat and when.

2. Breaking down the links

Sometimes stress makes you crave something fatty or sugary, however, do something different like make a cup of tea. Instead of coming home and going straight to the fridge, go for a walk, have a shower or call your mum. And turn off the tv: TV food advertising increases a snacking response on available foods.

3. New Pathways

Give yourself plenty of reassuring advice and encouragement, just like you would to a friend or a child. Come up with competing ways of thinking about food. "Instead of 'That slab of cake looks really good' we can remind ourselves of our goals 'If I don't eat that now, I'll feel better about myself tomorrow,'" Change the way you talk to yourself about food and use that to control your behaviour.

4. Get Support

It's tough making big changes, and you're more likely to be successful if you have an encouraging partner, friend – even health professional – to acknowledge your efforts and reinforce your motivation. It also helps you to stay on the straight and narrow when you don't want to let someone down