



## 6 food hacks to keep cravings in check

For those mid-afternoon cravings that have us reaching for whatever's greasy and salty or processed and sweet, try these six healthy strategies to keep between-meal hunger away:

- 1. Fill up on fiber.** Adding more whole fruits, vegetables, whole grains, and beans to your diet gives you ample fiber, which helps keep hunger at bay.
- 2. Go big with protein.** Not just the building blocks of muscles and cells, protein takes longer than carbs to digest, which serves as an appetite suppressant.
- 3. Home in on healthy fats.** Sources of plant-based, unsaturated fat are good for your heart and your waistline. Avocado, nuts, and seeds offer healthy fat-rich snackables.
- 4. Hydrate for success.** Next time you feel the need to snack, challenge your craving by first drinking a large glass of water. Wait 15 minutes before deciding if you really are hungry.
- 5. Learn to love breakfast.** A complete breakfast that includes fiber, protein, and healthy fats gives you a great way to keep you going well into the day.
- 6. Snack on a schedule.** Just like sleep, stick to an eating schedule. Small preemptive snacks between meals prevent us from feeling famished, which can lead to overeating.



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