

## Crush cravings

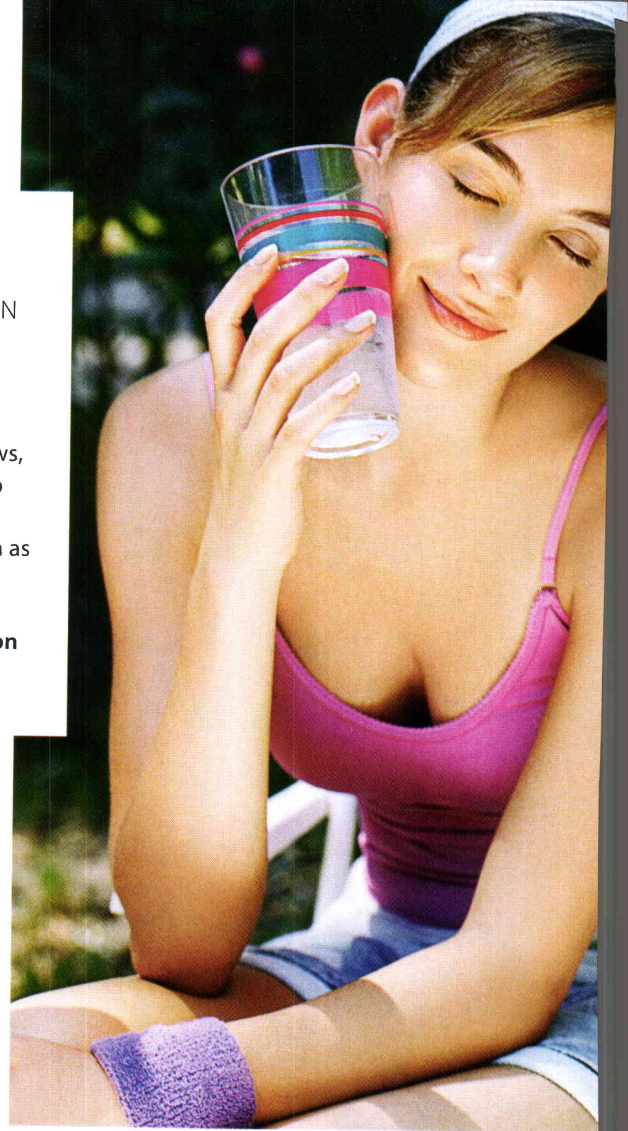
TO TAKE THE EDGE OFF YOUR FOOD URGES, TRY VISUALISATION

- If you've been the captive of a craving, you'll know how hard it is to get the images – and desire for – the tempting treat out of your head. But the good news is the visual effect works in the opposite way, too, say scientists at Flinders University.
- The researchers discovered that people who conjured up mental images of something non-food related, like rainbows, were able to successfully curb their chocolate cravings. Imagining a strong smell such as eucalyptus was also helpful.

**THE REASON?** Our brains can only hold so much information at a time, so focusing on a vivid image or a potent smell can override the mental imagery that drives cravings.



**WE LOVE** The Diet Plate, a new tool to help you trim down without weighing foods or counting kilojoules. Simply use the cues on the plate to measure the correct portions of protein, carbs, vegetables, dairy and fat. To order, visit [www.thedietplate.com.au](http://www.thedietplate.com.au).



**12%** That's how much you'll reduce your energy intake if you include a salad starter at mealtimes, say US researchers.

**Newsflash!** Having diabetes in the family makes you more likely to gain weight from overeating, says a Garvan Institute study. When otherwise healthy people with a family history of type 2 diabetes were put on a month-long overeating plan, they gained over a kilogram more than those without the predisposition, and increased the insulin in their bodies – a pre-cursor to type 2 diabetes. The message? If you have a family history of diabetes, it's vital you enjoy treats sensibly.



## MAXIMISE YOUR MOTIVATION

Stop telling yourself what to do and you may find that your enthusiasm levels soar

Rather than telling yourself you will order a lean lunch or hit the gym after work, try asking yourself whether you will. Phrasing your goals as a question, rather than a command, is more likely

to build 'intrinsic' or inner motivation, say US experts. They found people did better at an anagram task when they began by asking themselves if they would attempt it, than when they told themselves they would.

**TIP:** Make your goal something you do for your own happiness. So instead of losing weight because your partner or GP want you to, think of the ways it will enrich your life, such as more energy.

