

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO PREVENT FOOD CRAVINGS



According to the good people over at [Merriam-Webster](#), a craving is “a very strong desire for something.”

What are some causes of food cravings?

- ✓ Alcohol
- ✓ Restrictive Eating
- ✓ Emotional Triggers
- ✓ Stress
- ✓ Hormones

THE SKINNY ON FOOD CRAVINGS AND WEIGHT

We all joke about our occasional overwhelming desire to eat like it's our last day on Earth, but for many, food cravings are no laughing matter.

They're more than just a mental distraction — they can make weight maintenance a truly daunting task and lead to long-term health problems.

You see, because people tend to crave foods that are high in fat, carbs, and calories, food cravings [are naturally associated](#) with weight gain.

This, then, [often leads to a pattern of yo-yo dieting](#), which is itself a source of recurring stress and discomfort that increases the desire to overeat, creating a vicious cycle that can be incredibly hard to escape.

The relationship between food cravings and weight loss (or dieting for weight loss), however, isn't as clear cut.

Food cravings [are frequently cited](#) as the most common reason to stray from a [diet](#), but [research](#) shows that [restricting calories for weight loss](#) can cause a *reduction* of food cravings.

If you're a well-traveled fitness junkie, you've probably already experienced this (and especially if you know how to [cut fat the right way](#)).

You start your cut and it's touch-and-go for the first week or so, but after that, the game of Hungry Hungry Hippo going on in your brain finally winds down and it's more or less smooth sailing from there on out.

THE BOTTOM LINE ON FOOD CRAVINGS

If you're going to get the body you really want — and keep it that way for the rest of your life — then you're going to need to get a handle on food cravings.

And the best way to do that is...

- ✓ Limit your alcohol intake.
- ✓ Ditch restrictive diets and embrace flexible dieting instead.
- ✓ Eat plenty of high-protein and high-fiber foods.
- ✓ Turn to more positive ways to cope with bad emotions.
- ✓ Create a personal relaxation routine.
- ✓ Use mental imagery and mindfulness as needed.

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