Take Control of Emotional Eating

There is no question that comfort foods such as ice cream or mashed potatoes can help calm many people during stressful times. Appetite, food preferences, even cravings can be affected by our feelings, and most of the time, we turn to our comfort foods. Unfortunately, most comfort foods tend to be high in calories and fat content. But take heart, you can still indulge in your comfort food of your choice, just be aware of portion size, and be open to trying a new twist on an old standby.

Try to avoid the urge to eat as a way to deal with anger or depression. The next time you are feeling emotional, why not take a short walk or bike ride. Occasionally a change of scenery can snap you our of it before you eat a pint of ice cream.

Here are some healthier twists on old comfort foods:

Are cookies your thing? Try an oatmeal-raisin cookie or vanilla wafer.

If you prefer a salty alternative, try pretzels dipped in spicy mustard, or baked tortilla chips with salsa.

Add grated fresh vegetables to your meat loaf, mashed potatoes or lasagna.

Puree fresh fruit such as berries or pears for a homemade topping good on grilled poultry or seafood.

Substitute applesauce or pureed prunes in place of half the fat in your muffin, bread or cookie recipe.

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