



# EMOTIONAL EATING CRAVING COMFORT

## A FAMILIAR STRUGGLE

We've all been there... You find yourself in the kitchen, rooting through the cupboards, or staring into the refrigerator, searching for a quick fix to your craving.

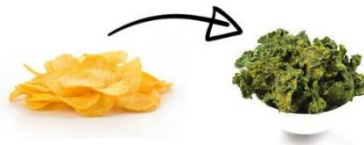
When we turn to food for comfort, it's common to choose options that are high in salt, sugar, fat, and carbohydrates. You might turn to ice cream when you're feeling lonely, snack on chips when you're bored, or find yourself at the drive-thru after a difficult day at the office. Eating in response to stress doesn't have to be a bad thing. **It all comes down to your choices.**



## HEALTHY SWAPS

### Salty Snacks

Salty foods like chips and pretzels are high in salt, refined carbs, and fat. They can cause dehydration, bloating, and hunger later due to empty, nutrient-poor calories.



### Kale Chips

Dark, leafy greens are high in vitamin C and antioxidants, which can help improve mood and brain function. Buy packaged or make your own. Sprinkle with sea salt or other spices to your taste.

### Sweet Treats

Candy, chocolate, and cookies may boost feel-good chemicals in the brain, but can easily lead to blood sugar imbalances, causing irritability, hunger, and fatigue after the initial rush.

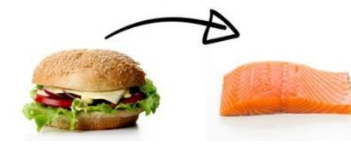


### Blueberries and Almonds

This naturally sweet combo balances blood sugar, supports the immune system, and boosts cognition, thanks to healthy fat, magnesium, and vitamins B, C, and E!

### Burger and Fries

Loaded with salt and additives, a greasy burger and fries can be tempting, but comes with a high calorie-count, refined carbs, sodium, trans-fat, and low nutrient density.



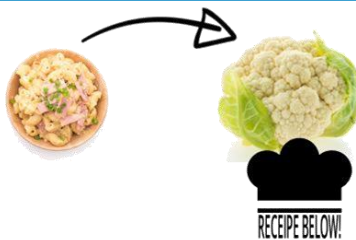
### Salmon and Asparagus

Salmon is an anti-inflammatory food that's high in omega-3 fatty acids, provides cognitive benefits and helps with managing anxiety and depression. Asparagus is high in folate, an important nutrient in regulating mood.

## MORE HEALTHY SWAPS

### Mac 'n Cheese

The king of comfort food, mac 'n cheese can pack a high calorie count. It satisfies our craving for fat and carbs simultaneously, but offers little nutritional value.



### Cauliflower Quinoa Bake

Quinoa is a good source of stress-relieving B-vitamins and protein, an important macronutrient to help with carb cravings. Cauliflower is high in fibre, vitamin C, and prebiotic fibre to feed good gut bacteria.

### Alcohol

We often associate a pint of beer or glass of wine with unwinding after a long, stressful day. Alcohol, however, can disrupt our sleep, lead to weight gain, lower moods, and contribute to overall poor health.

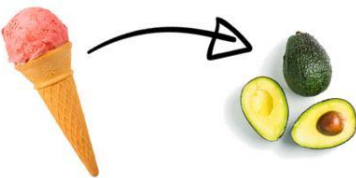


### Kombucha

This low-calorie, fermented beverage is made from black tea and offers a refreshing, carbonated taste. Containing naturally-occurring probiotics good for your gut and brain, this drink can help you relax and destress.

### Ice Cream

Sweet, cold, and creamy, who doesn't love a good pint of ice cream now and again? While it's okay as an occasional treat, it typically has a high amount of sugar and fat.



### Frozen Avocado Treat

Avocados are rich in stress-busting B-vitamins and good fats for brain health. Try blending avocado with banana, vanilla extract, milk (or alternative), honey, and ice for a healthy frozen treat!

## Cauliflower Quinoa Bake

Makes 6 servings

### Ingredients

- 3 cups cauliflower florets
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp each oregano and basil
- ¼ tsp black pepper
- 1 cup uncooked quinoa (about 3 cups cooked)
- 4 cups (30 oz) tomato sauce (no sodium)
- 8 oz shredded mozzarella cheese, divided

### Directions

1. Preheat oven to 400F.
2. In a 13 x 9-inch pan, combine cauliflower, olive oil, salt, oregano, basil, and black pepper. Toss and roast until cauliflower is lightly browned in spots (about 20 minutes).
3. Meanwhile, cook quinoa according to package directions. Drain and fluff with a fork. Transfer it to a medium bowl and add tomato sauce, half of the cheese, and salt to taste.
4. Remove cauliflower from the oven and add the quinoa mixture. Stir and top with the remaining cheese.
5. Bake until cheese is melted and tomato sauce is bubbly (15-20 minutes).

Nutrition Info Per Serving: Cal 318 | Fat 16.3g | Carb 30.5g | Protein 15.3g | Fiber 5.9g | Sodium 690mg | Sugar 9.2g

Source: [cookthestory.com](https://cookthestory.com)



Comfort food done the healthy way!

Sources: <https://www.psychom.net/foods-that-help-with-anxiety-and-stress/>  
Images by Freepik.com