



NO-FAIL STRATEGIES TO AVOID DEPRIVATION

- Don't vilify ANY foods
- Begin to notice when you feel deprived and work on solutions to fix it
- Build on-plan treats into your plan most everyday
- Understand your triggers
- Don't "white-knuckle" a diet (too much restriction can cause deprivation)
- Allow treats by altering portion size so that it fits your plan
- Practice awareness while eating. Being present and avoiding multi-tasking will help you appreciate your food
- Use motivation as a reminder when you are feeling deprived
- Eat regular meals/snacks to stay ahead of hunger
- Eat protein and a small amount of fat at every meal and keep carbohydrates to a reasonable level in order to stay satiated for as long as possible. (A practitioner can help with this).
- Don't beat yourself up for a slip up; have a positive mental attitude and be good to yourself!