

**Mayo Clinic Minute**

**Curbing Cravings**

Video	Audio
	<b>Just say no to chocolate.</b>
	<i>sounds from candy shop</i>
	<b>Easier said than done.</b>
<b>Title: DONALD HENSRUD, M.D. MAYO CLINIC DIET MEDICAL EDITOR Mayo Clinic Healthy Living Program</b>	<b>One of the things that doesn't work with cravings is just saying no. Sometimes when we say no to ourselves, we want to do it all the more. So we have to work with it a little bit.</b>
	<b>Mayo Clinic's Dr. Donald Hensrud says, if your craving is due to true hunger, eat a healthy meal.</b>
	<b>If it's not due to true hunger, distraction works quite well. Do a different activity. Go for a walk.</b>
<b>Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network</b>	<b>Or chat with a friend. Cravings usually pass in time. If that doesn't work, try a piece of sugarless gum.</b>
	<b>It provides that chewing sensation, a little bit of flavor and distraction, and that can satisfy cravings at times.</b>
	<b>If all else fails, allow yourself a small piece of chocolate or whatever you're craving.</b>

	<b>Another strategy along with that is go for quality instead of quantity.</b>
	<i>sounds from candy shop</i>
	<b>Get a really good one, enjoy a small amount, and it's easier to stay on track.</b>
<b>Graphic:</b>	<b>For the Mayo Clinic News Network, I'm Jeff Olsen.</b>