



For references, just click underlined links

Switch Your Brain to Healthy Eating

Making a sudden change in your diet such as eating nothing but smoothies can lead to short term weight loss. However, making these radical and unrealistic decisions are unhealthy and won't lead to long-term success. Eating right is vital for good health, but maintaining that healthy habit overtime can be a challenge. Examining the psychology of [mindful eating](#) will give many benefits to a new lifestyle. This is a technique that helps you gain control over your eating habits.



There are many [psychological factors](#) that influence our eating behavior. This also includes the feelings that are associated with certain foods. It can be cultural, familial, and even psychological influences. If food is used as a comfort, then you are much more likely to overeat during stressful times. Knowing triggers to why you eat unhealthy is the first step in avoiding those bad habits.

A strong predictor of healthy eating within one's personality is [conscientiousness](#), which focuses on awareness of behavior. In several meta-analysis and longitudinal studies conscientiousness was a strong predictor of obesity. This means that people with a high level of awareness of their diet and overall health were less likely to become obese. They are also less likely to involve themselves in [binge eating](#) and consume less alcohol. Contentious eating has been associated with a diet full of vegetables and fruit. Fat and salt are avoided.

When you are ready to make the change to a [psychologically healthy eater](#), use some of these tips to help keep you on track.

- Measure out portion sizes that fit your nutritional needs.
- Use smaller plates to decrease your chances of over eating.
- Focus on one place to eat in your home, such as the kitchen or dining room.
- Find new recipes and try culturally diverse foods to avoid becoming bored with your food.
- Eat slowly and do not rush your meals.
- Pick quality over quantity when it comes to buying groceries.
- Eliminate distractions such as TV or cell phone.
- Create rewards that don't involve desserts. Instead reward yourself with an outing or a new item you've been saving for.

Psychologically healthy eaters are [mindful eaters](#) and don't focus on restrictions. They purposely choose healthy foods to fuel their bodies and feel energized. There is an awareness of their personal experiences which allows them to use food as a means for social connectivity, as well as to nourish their bodies. Diets fall by the wayside as a healthier relationship with food emerges and you'll find yourself enjoying eating without fear or shame.

