

# Fighting Food Cravings & Eating Healthy

Angeline D. Brauer, DrPH, MHS, RDN  
Health Ministries Director, North American Division  
health@nadadventist.org | www.nadhealth.org

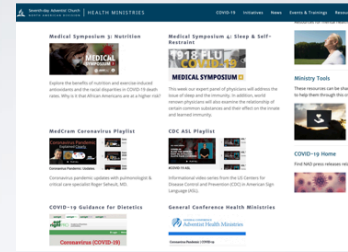
Seventh-day Adventist Church  
NORTH AMERICAN DIVISION

HEALTH MINISTRIES



## NADhealth.org/covid19

- Inspiration
- Mental health
- Ministry tools
- Information



## NADhealth.org/ministrygoals



### A CHILD'S PLIGHT DURING COVID-19



Tuesday, June 30, 2020



4:00-5:30 pm Eastern

## NADhealth.org/healthsabbath



**NOW MORE THAN EVER**  
**JULY 25, 2020**



Societies are on the verge of collapse and chaos  
Hope is waning and hearts are despairing  
Hope and Healing is needed **NOW, more than EVER**

## 10-DAY Healthy Eating Campaign

- Eat your way to a healthy immune system
- Meal Planning Guide
- Tasty Recipes
- More!

Sign up for our email newsletter to learn more  
NADHealth.org/news



## Food & Cravings

Pen & Paper  
Word Document



## God's Wholistic Design

- Genesis 2:7
  - ▶ Physical body formed by God
  - ▶ Spiritual life in constant communication with God
- Genesis 2:18-20
  - ▶ Desire for relationship with an equal
  - ▶ Cognitive and creative ability with leadership capacity
- Luke 2:52 — And Jesus increased in wisdom and stature, and in favor with God and man



## Duke University Study

- 209 smokers
  - ▶ more than 1 pack a day
  - ▶ smoked for average of 21 years
- asked to list foods that enhance or worsened their smoking experience



## Duke University Study

- 70% said certain foods made their cigarettes taste better
  - ▶ caffeinated drinks
  - ▶ alcoholic drinks
  - ▶ meat

**These foods can increase body weight!**



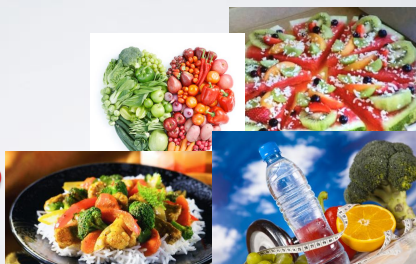
**Perfect Combination!**



## Duke University Study

- 45% said certain foods made their cigarettes taste worse
  - ▶ fruits
  - ▶ vegetables
  - ▶ water
  - ▶ juice

**These foods help control body weight!**



## What causes cravings?

- regions of the brain that are responsible for memory, pleasure, and reward
- Imbalance of hormones
  - ▶ Leptin
  - ▶ Serotonin
- Emotions
- Lack of nutrients
- Gut microbiome?



## One story...

Believe it or not, nutrition had a huge part of helping me stay smoke-free. It really helped to control the cravings and level out my emotions. The first thing I did was stop drinking coffee because it was too much of a trigger. I switched my morning drink to a fabulous type of tea called Rooibos. It's caffeine-free, smooth, and rich in flavor. It reminded me of drinking coffee except I thought this tea tasted much better! It's also high in antioxidants which helped me with the detoxification process.



## One story...

Refined carbohydrates and sugar were other triggers that I had to eliminate. Instead of reaching for a box of crackers, I began eating foods straight from the earth. Carrots and bananas became my new best friends. I also started to eat a lot of beets (with their greens), Brussels sprouts, and sweet potatoes...I served quinoa as a side-dish with just about every meal because it made me fill-up in a comfortable way...Drinking water helped me feel clean inside while flushing all those toxins out of my body.



## Nutrition

- Focus on whole foods
- Fresh is best
- Choose frozen > canned
- Avoid processed foods
- Drink lots of water



Designed by Racool\_studio / Freepik



## Good Eating Habits

- Regular meal times
- Eliminate distractions
  - TV, work, phones, etc
- Take time to savor your meals
- Chew well
- Eat as a family



Designed by meandmoe / Freepik



Canada's Food Guide 2019

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

## Power Foods

- Fiber
  - Beans, whole grains, vegetables, fruits, nuts & seeds
- Antioxidants & Phytochemicals
  - Strawberries, peppers, citrus fruits, broccoli, breadfruit, tomatoes, cabbage, kale, garlic, herbs, spices

## Feel the Crunch

- Veggie sticks (carrot, celery)
- Fresh fruit
- Nuts (unsweetened)
  - Can be roasted, boiled, baked, etc
- Brown rice cakes
- Air-popped popcorn (no butter and limit salt)

## Healthy Habits

- Find a hobby to keep your mind and hands active
- Avoid caffeine
- Have convenient, healthy foods on hand
- Get enough sleep
- Take a walk
- Brush your teeth

## The Outdoors

- Fresh air & sunshine
- Improve mood
- Helps you sleep
- Open doors/windows
- Indoor plants
- Pictures and videos of nature

Designed by Welcomia / Freepik

## Get Enough Sleep

- 7-8 hours each night
- Avoid eating late at night
- Don't read in bed
- Keep the room cool & dark
- Don't use electronics before bed
- Listen to calming audio

Designed by Freepik

Don't come to a HALT

**H**ungry  
**A**ngry  
**L**onely  
**T**ired



## God's Wholistic Design

- Genesis 2:7
  - Physical body formed by God
  - Spiritual life in constant communication with God
- Genesis 2:18-20
  - Desire for relationship with an equal
  - Cognitive and creative ability with leadership capacity
- Luke 2:52 — And Jesus increased in wisdom and stature, and in favor with God and man



Luke 15:4-7



Who is Carrying  
You?



Remember the word to Your servant,  
Upon which You have caused me to hope.  
This is my comfort in my affliction,  
For Your word has given me life.

*Psalm 119:49-50*

