

Mood, Emotions Play Key Role in Food Choice

The strongest craves for food occur when people are emotionally sensitive. Consciously or not, some people eat more when they face a difficult problem, have no occupation, or need comfort. Others use food to suppress negative emotions. Emotional eating may be caused by anger, loneliness, stress, anxiety, sadness, or boredom and may affect individual's weight loss program. Emotional eating makes people eat too much high-calorie food or salty, fatty, or sweet foods. Overeating may be caused by major life events such as health problems, divorce, or unemployment. The stress from work, changes in the routine, the bad weather, or other daily life hassles can make people eat more. The addictive qualities of some foods make people eat when they feel blue. For instance, chocolate makes the body release considerable amounts of opiates that increase mood and satisfaction. This may lead to a preference for foods that offsets negative emotions. Food may become a distraction when one remembers an earlier conflict or worries about an upcoming event. This distraction is only temporary because while one eats, it concentrates on the taste of the food. After finishing eating, one return to his or her worries, and may also feel guilty for overeating. Food cravings may be controlled, when one recognizes whether the hunger is physical or emotional. The craving will pass if the last meal was a few hours ago and the stomach does not rumble.

About the Author

Offers fitness and exercise product information on a full line of cardio and strength.

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