

2018 Edits to Craving Change™ Workbook

To ensure that the Craving Change program is based on reputable and current scientific studies, some modifications have been made to the 2018 editions of the Facilitator's Manual and workbook. In particular, there are edits to the 'Eating under the Influence . . . of the Environment and . . . of the Body' sections. More information regarding these edits, as well as new, relevant references can be found in the online Resource Library.

Page 1 – Replace the quote by Wansink in the side bar box with the following text:



If you're trying to make and maintain healthy eating changes, it can feel like you're swimming upstream.

Page 4 – Replace the “**We think big**” paragraph at the top of the page with the following text:



We think big
Bulk buying has become a common practice in order to save money and trips to the store. The trouble is that the more we buy, the more we consume. We might save money, but we're sure not saving calories.

Page 4 – Replace the “**We love a deal**” paragraph with the following text:



We love a deal
It is very important to us to get value for our hard-earned money, and food is often priced with this in mind. If an item is sold in two sizes, we are more likely to buy the larger one if it's a deal. We may also buy more if there's a volume discount, such as buy 2 get one free. In both cases, we've spent more money in the end!

Page 5 – Replace the “**XX-large portions**” paragraph at the top of the page with the following text:



XX-large portions

Food portions keep getting bigger. We've become accustomed to the larger servings and packages of food, often not realizing how much we are actually eating. This is especially true of take-out and restaurant food. Did you know that vehicle manufacturers had to make bigger cup holders to fit our much larger beverage containers?

Page 6 – Replace the “**Skipping breakfast**” paragraph in the shaded box with the following text:



Skipping breakfast - The results of recent studies are mixed as to whether skipping breakfast is associated with weight gain or a higher weight. Either way, it makes sense to provide fuel to your body throughout the day. Eat something, even a small snack, within two hours of rising in the morning.

Page 6 – Replace the “**Lack of sleep**” paragraph in the shaded box with the following text:



Lack of sleep - Poor or inadequate sleep can be associated with weight challenges. You may be less active when you have low energy. Being tired may also make you more prone to problematic eating. Consider going to a sleep clinic to see if you have a sleeping disorder.

Page 31– Stop Unwanted Thoughts

Third paragraph – Replace this paragraph with the following text:



Most of us think about food many times throughout the day - try keeping track sometime!
The fact is that we are totally unaware of many of these thoughts. Those who have followed many diets in the past or need to restrict their food choices and portions, may think about food constantly. Studies have shown that simply thinking about food can trigger uncontrolled eating for many people, and eating prompts seem to be everywhere.

Page 45 – Craving-proof Your Environment

1. Take the time to focus and enjoy eating.

Replace current paragraph with the following text:



We are often unaware of how much food we consume when our eyes and mind are focused on something else, like the TV, computer or phone. When we're distracted, we're not tuned into our body's signals of satiety. We may not stop eating until we've finished everything on our plate or in the package. Nowadays, meals are often rushed. Eating very quickly can also lead to overeating. When we're distracted or rushed we also don't experience the wonderful sensory pleasure of eating. Eat at the table with no distractions. Eat slowly and mindfully.

Page 55 – Resources

Books

Replace first paragraph with:



You can search for relevant books using the keywords emotional eating, compulsive eating, and disordered eating. You can also use search terms like intuitive eating, mindful eating and non-diet eating.



Page 55 – Delete the second paragraph re: Gurze publisher.