

Forum:[Hack Forums](#)

Thread: [How to stop loving food?](#)

Gam? - May 22, 2014, 11:16 pm

Lol okay I'm going to sound so fat here but I promise I'm not (that) fat. Basically I've been trying to cut like 20 pounds, but I just really love food. I think it has to do with the way I was raised, but I just find this weird comfort in eating really fattening foods for whatever fucked up reason. The only way I've been able to restrain myself is if I just stop eating altogether, as my cravings stop and after 2 days or so I don't even get hungry, but I don't lose any weight that way, as my metabolism stops or whatever people keep saying happens. Anyone know how I should go about overcoming this?

FeaturedBMX - May 22, 2014, 11:18 pm

I would just find healthier food to eat. Not eating is not going to solve anything.

Gam? - May 22, 2014, 11:19 pm

(May 22, 2014 11:18 PM)FeaturedBmx Wrote: [\[CITE\]](#) I would just find healthier food to eat. Not eating is not going to solve anything.

I just kind of hate most healthy foods unfortunately, and yeah I can choke it down, but then it just leaves me craving something I would enjoy. Shit maybe I just have the worst willpower ever, lol.

FeaturedBMX - May 22, 2014, 11:20 pm

(May 22, 2014 11:19 PM)Gam? Wrote: [\[CITE\]](#) I just kind of hate most healthy foods unfortunately, and yeah I can choke it down, but then it just leaves me craving something I would enjoy. Shit maybe I just have the worst willpower ever, lol.

Well, just cutting things like fast food out can make a big difference.

rmacero - May 22, 2014, 11:34 pm

Hey Game!

Yeah, I know the feeling, man. Eating food isn't just a way to nourish your body; it's pretty much a euphoric experience when you eat something you really like. I'd suggest filling up on low-calorie fluids whenever you get the craving to snack. Something like Diet Snapple or some flavored water. Make some low-calorie popcorn and don't add extra butter when you're watching a movie, stuff like that. Find out which fruits you really like and stock up on those.

Healthy meals can be good too. Baked or grilled chicken with roasted vegetables and brown rice is delicious. Boiled eggs for snacks are a great source of protein and choline. Of course, you can have a nice steak for protein, every once in a while. A scoop of whey protein will fill you up, as well, and is especially beneficial if you exercise regularly. Another supplement I use is Barlean's Greens shakes, which gives you all of the nutrients from veggies and fruits and fills you up too.

On the more extreme end, there are fat burner diet pills that have appetite-suppressing ingredients. These should be used with the utmost caution, though, especially if you are prone to high heart rates. Ephedra extract, which is found in the Lipodrene diet pill, suppresses appetite really well. Yohimbine is another key ingredient in diet pills that will keep you from eating excessively.

Of course, the best way to forget about food is to exercise or go out and do something that you enjoy, which will keep you from testing your "willpower." Just make sure not to eat the whole fridge afterward, like I have many times!

Something I have used but don't encourage is nicotine. I use moist snuff pouches or snus in order to keep the cravings down. Just pop them under your lip, get a nice buzz, and forget about food for a bit. Once again, nicotine/tobacco is very addictive, but snus or e-cigarettes would be the way to go if you're into that (less carcinogens).

If you need any advice, please PM me. I'm going through some of the same issues.

Gam? - May 22, 2014, 11:35 pm

(May 22, 2014 11:34 PM)rmacero Wrote: [\[CITE\]](#) Hey Game!

Yeah, I know the feeling, man. Eating food isn't just a way to nourish your body; it's pretty much a euphoric experience when you eat something you really like. I'd suggest filling up on low-calorie fluids whenever you get the craving to snack. Something like Diet Snapple or some flavored water. Make some low-calorie popcorn and don't add extra butter when you're watching a movie, stuff like that. Find out which fruits you really like and stock up on those.

Healthy meals can be good too. Baked or grilled chicken with roasted vegetables and brown rice is delicious. Boiled eggs for snacks are a great source of protein and choline. Of course, you can have a nice steak for protein, every once in a while. A scoop of whey protein will fill you up, as well, and is especially beneficial if you exercise regularly. Another supplement I use is Barlean's Greens shakes, which gives you all of the nutrients from veggies and fruits and fills you up too.

On the more extreme end, there are fat burner diet pills that have appetite-suppressing ingredients. These should be used with the utmost caution, though, especially if you are prone to high heart rates. Ephedra extract, which is found in the Lipodrene diet pill, suppresses appetite really well. Yohimbine is another key ingredient in diet pills that will keep you from eating excessively.

Of course, the best way to forget about food is to exercise or go out and do something that you enjoy, which will keep you from testing your "willpower." Just make sure not to eat the whole fridge afterward, like I have many times!

Something I have used but don't encourage is nicotine. I use moist snuff pouches or snus in order to keep the cravings down. Just pop them under your lip, get a nice buzz, and forget about food for a bit. Once again, nicotine/tobacco is very addictive, but snus or e-cigarettes would be the way to go if you're into that (less carcinogens).

If you need any advice, please PM me. I'm going through some of the same issues.
Thanks, that was actually a very helpful reply, I really appreciate it.

isyxason - May 22, 2014, 11:41 pm

If you want help from a drug, named amphetamine, then thats good advice, since on amphetamine the hunger level gets decreased alot.

RDCA - May 22, 2014, 11:41 pm

(May 22, 2014 11:19 PM)Gam? Wrote: [\[CITE\]](#) I just kind of hate most healthy foods unfortunately, and yeah I can choke it down, but then it just leaves me craving something I would enjoy. Shit maybe I just have the worst willpower ever, lol.

The problem is probably the way you're cooking the healthy food. Many people often cook all their vegetables till their mush. Imho, that is the worst way, and it actually is worse than fresh typically. The best way is to lightly steam them with seasoning. You'll find that vegetables can taste just as good and better than meat if you season and cook them well. A little crunch in them is amazing. In addition things like blenders can help you fit a lot of vegetables with fruit and still taste pretty good.

Many people like fresh uncooked celery and cucumber. Both have very little calories and are mostly water. Eating them is a good alternative to chips or even drinking a soda. Cut all soda and stick to water, juice, and tea on occasions. While both of the later do have sugar, it is typically less, and sugar found in plants is much better. Replace all your snacks with fruits. Apples, grapes, cucumber, bananas, mango, ect. You'll find you really like them. Also, remember lean meat when you can.