

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I'm Craving Certain Foods

Understand cravings with curiosity rather than judgement

Craving a particular food is completely normal. Cravings can reflect hunger, restriction, habit, emotion, sensory preference, enjoyment or simple availability.

Space to Breathe Therapy

What could my body be telling me?

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Possible contributors

- Not eating enough, a long gap between meals or wanting satisfaction
- Restricting particular foods or labelling them forbidden
- Habit, emotion, stress, sensory preference or enjoyment

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Name the food and what feels appealing about it.
- 2 Check hunger, satisfaction and recent eating without turning this into a test.
- 3 Notice whether restriction or a rule has made the craving stronger.
- 4 Choose a response that supports both nourishment and enjoyment.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life.
Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

The food I am craving

Taste, texture or feeling I want

Hunger and satisfaction

Food rules or restriction

My chosen response

What I noticed afterwards

When to seek support

A craving is not automatic evidence of a nutrient deficiency. Frequent distressing cravings, bingeing or restrictive rules may benefit from specialist eating-support advice.