

Know the Difference Between Hunger and Cravings

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Hunger is certain to make you want to eat. Hunger is a state where your body and brain are depleted of nutrients and your system is asking your body to resupply them. Many people rarely get to the point of feeling hungry because they are driven to eat by what is going on in their lives and not by the actual feeling of hunger. For example, emotional eating is common in people that suffer from eating disorders because they are using food to make them feel better. For many years I used binge eating to make myself feel better when I was stressed. It is my opinion that many of us are driven to eat unhealthy foods because of the food and beverage manufacturers. Processed food and sugary drinks are known to cause cravings. The processed food makers and sugary beverage makers can accomplish these cravings with its one main ingredient, sugar.

I believe that people should take responsibility for their own actions. I also believe that when predators like the processed food and sugary beverage manufacturers are allowed to target advertise to children, they are no better than the makers of cigarettes, who, before they were forced to limit how they could advertise, flooded the market from teenagers to adults pushing their nicotine-laden products. They know that their products are likely to create lifelong problems for their consumers yet in the interest of sales, they continue to develop new products which hook unsuspecting users.

My struggle with sugar continues. I have not had a sugary beverage in almost 13 years. Not so with sugary foods such as candy and cakes. I work hard at it all the time and I have become educated and aware of the triggers. What about you? How do you feel about my views on sugar?

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