

Title: Remember, Autists - NO DATES!

Author: 300117

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Is\_self: False

DID YOU KNOW?

## Best to delay — rather than refuse — craved foods 🍩

In this way, your brain receives the message that your interest in the food wasn't all that high — and in turn, your craving subsides. A denial of the unhealthy food altogether has the opposite effect. Researchers arrived at this finding via four studies. They found that participants who promised themselves that they would indulge their munchies at an unspecified future time ate treats less often and in smaller quantities than participants who refused the treats or planned a specific time to eat the treats. And so, if you'd like to lower your junk food intake, aim to satisfy your desires at an undetermined date.

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