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Emotional Eating With Diabetes Your

Your feelings about food and diabetes. Without even realising, you might be an emotional or mindless eater. And when you have diabetes, this can affect your mood and affect you physically too. This could be eating when you are not hungry as a way to relieve feelings of stress, sadness or even boredom. This can often be a bar of chocolate or an extra piece of cake.

Your feelings about food and diabetes | Diabetes UK

Buy Emotional Eating with Diabetes: Your Guide to Creating a Positive Relationship with Food First Edition by Ginger Vieira, William Polonsky PhD (ISBN: 9780988452305) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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You can always seek support from a psychologist, counsellor or GP, who will be happy to help you. Difficulties with emotional eating can be managed and getting support can be an important first step on your journey. To chat to someone about your relationship with diabetes and food, call our Helpline on 0345 123 2399.

Emotional eating and feasting | Diabetes UK

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Emotional eating and diabetes

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Emotional Eating - DIABETES NEW ZEALAND

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Food and mood: emotional eating and top tips to ... - Diabetes

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