

DIET EASY - COPING WITH RESTRICTED DIETS

Chrystenah Gritton

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For me, compromise was the best option – while not cooking meat for myself, I was keen to avoid insult or hassle so ate what I was given. In fact, your emotions can become so tied to your eating habits that you automatically reach for a treat whenever you're angry or stressed without thinking about what you're doing.

They may even respond with something along the lines of "How kind of you to ask." I decided the best option would be to go vegetarian. Mayo Clinic does not endorse companies or products. They can answer your questions and help you get the nutrition you need. That's where a diet plan can be a huge help. Changes to your diet may make some difference to your general mood or sense of well-being, but they're not a substitute for treatment.