

## Comfort Foods

Comfort foods are not imagined, they are real with a cultural, regional, and social attachment. Comfort foods are those that encompass emotional security, a special reward or familiarity (those a person grew up with). When a person attempts to reduce his or her weight, the biggest mistake that can be made is to totally eliminate comfort foods. This strategy usually backfires.

It is OK to keep your comfort foods, but what is important is to “lighten” them up and not allow them to continue to contain a high fat content. Examples include:

- Nachos with a light corn chip, light dip and low fat cheese
- Substitute a light corn muffin for a regular muffin
- Hot chocolate using light soy milk (don't let that scare you, very creamy), baker's chocolate, and a touch of peppermint extract or vanilla extract.