

10 Solutions For Kicking Sugar Cravings - Workshop Handout

1. **Drink Water!** Sounds crazy, but sometimes sweet cravings are a sign of dehydration. So pound a glass of water, wait 5 minutes and then see if you still have the craving.
2. **Reduce or eliminate caffeine.** Too much caffeine mimics a blood sugar crash - you're high for a bit but then you coming crashing down and crave.... SUGAR, of course.
3. **Swap in sweet veggies, fruit and spices.** Your tongue has sweet taste buds that demand to be satisfied, so don't hold out on 'em! Add naturally sweet foods & spices to your diet like squash, yams, carrots, beets, berries, figs, and apples. Cinnamon is a blood sugar stabilizer, and coriander, nutmeg, cloves, and cardamom will also lend sweet flavor to your foods.
4. **Sleep.** For many of us, this is easier said than done. But if you're constantly tired, your body is going to look for energy, usually in the form of sugar or caffeine. Power down an hour earlier than usual, and notice how your cravings disappear.
5. **Check your protein.** This is a fun, cool fact - watch how much protein and what kind of protein you're eating, especially animal protein. Eating too little animal protein can lead to massive sweet cravings. Eating too much animal protein can lead to sweet cravings. When I work with clients we find just the right sweet spot for protein intake so they feel satisfied.
6. **Sniff out low-fat and fat free foods.** When food manufacturers take the fat out of foods, what do they put in? Yep, sugar.
7. **Move yo'self.** Movement is another kind of food for your body. It releases stress, makes you feel great and look great. When you don't get enough, the body starts to look for other ways to blow off steam, like binging on Snickers bars.
8. **Mom's advice was right....[chewing].** Chewing gets rid of cravings by releasing the natural sugars in foods. Plus, it makes eating really pleasurable, so you're less likely to crave more food.



Your true path to wellness.

- 9. New post-meal rituals.** If you're a "dessert after your meal" person, one of things you might love about that is the ritual of it. What are other possibilities for post-meal rituals?

- 10. Discover the sweetness in your life.** So often we settle for a Snickers when what we really want is a nap, a hug, sex, time to read a good book, a walk outside, something slow and lovely that allows us to relax. What a bummer that instead of giving ourselves the sweet things in life, we settle for a lame brown candy bar. Create a "Sweetness Menu" on your smartphone and list all the things that make life sweet to you. The next time you have a craving, instead of grabbing a Snickers, grab your Sweetness Menu instead.