



## SUGAR CRAVINGS

### **Are you addicted to sugar?**

There are many reasons for sugar cravings. One of them is in response to your body's inability to regulate blood glucose level without the high sugar consumption. The body is always looking for homeostasis or balance. The inability to regulate the body has long-term health risks. Cravings are a sign that you're out of balance.

### **Recognize your cravings.**

Know that sugar cravings CAN be conquered. It may take time and awareness, but it can be done. Here are some healthy suggestions for satisfying your sweet tooth and kicking the sugar habit.

### **Ten tips for conquering sugar cravings:**

#### **#1: Avoid artificial sweeteners**

These are toxic. They increase your appetite and your sugar cravings. Artificial sweeteners also inhibit fat metabolism.

#### **#2: Don't buy junk food/ keep it out of your home**

Having junk in the home inspires late night bingeing (you define junk!).

#### **#3: Eat more fruit and sweet veggies**

Try reaching for these instead; they'll actually quell your cravings!  
Samples in HANDOUT "WHERE'S THE SUGAR."

#### **#4: Exercise**

Movement helps the body to metabolize glucose. Get up and go!

#### **#5: Separate emotion from food**

Take notice of our culture's obsession with sugar and reward and holiday.  
Find other options.

#### **#6: "Crowd Out"**

Going cold turkey from all sweets may lead to feelings of failure and disappointment. Know your limits and use the recipes and resources presented here to feed your sweet tooth.

#### **#7: Read labels**

Look at the ingredients on every package you buy (as opposed to the grams of sugar). Notice where the sugar is sneaking in and start to find better options.

#### **#8: Remember that we're not talking calories. . .**

This may sound crude, but. . . A little bit of crack is still crack! When you're kicking the sugar habit rely on healthy alternatives, not modified amounts of the same old stuff. The body will quickly remember old habits. Small amounts will trigger return cravings and binges.

#### **#9: Eat good fats (like nuts and coconut oil)**

Good fats will help to modulate cravings and stabilize blood sugar.

#### **#10: Seek out help and support**

Don't think you have to do it alone! There are health counselors and many online resources for helping your road to recovery!