



Kick Sugar to the Curb:

Sugar Craving Solution #1: Check Your Bevvies!

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.

Also, 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.

Sugar Craving Solution #2: Satisfy Your Sweet Tooth with Sweet Veggies, Fruit & 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, apples, cinnamon, coriander, nutmeg, and cloves.

Sugar Craving Solution #3: 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.

Sugar Craving Solution #4: 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.

Sugar Craving Solution #5: Sniff Out Low-Fat and Fat Free Foods.

When food manufacturers take the fat out of foods, what do they put in? Yep, sugar.

Sugar Craving Solution #6: 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.

Sugar Craving Solution #7: Create 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?

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