

5 Tips to Reduce Sugar Cravings

1. If you're Hungry, eat a meal or balanced snack.

Sugar cravings can make us feel ravenous! However, if you're truly hungry you should aim for a balanced meal with protein and carbohydrates.

2. Eat a piece of fruit.

Fruits are a great source of vitamins and fiber and are sweet with natural sugar which can help satisfy that sweet tooth.

3. Get some sleep!

Recommended amount of sleep, from the national sleep foundation, is 7-9 hours for adults. Sleep is crucial for us to perform our best during our waking hours. Try maintaining a regular sleep schedule, avoid screens a couple hours before bed and avoid alcohol or caffeine close to bed time.

4. Stay hydrated!

Hydration is important to keep our bodies working properly. If you feel a craving, try to drink a glass of water to distract yourself from the feeling while hydrating yourself at the same time!

5. Keep temptation out of sight!

When we are used to eating foods with refined sugar, our brains are trained to love the sight, smell and taste of those foods. So if you have access to sugary treats at home you're going to have to work against your own brain to avoid eating them. Save yourself the temptation and keep them out of sight and out of mind!

