

the Tolerant Table

naturopathy & nutrition



TOP TIPS TO BEAT SUGAR CRAVINGS

1

KNOW THE CAUSE

Work with your GP and/or Naturopath to determine if factors like hormonal imbalance, mineral deficiency or poor gut health are contributing to your cravings.



2

KEEP YOUR STRESS IN CHECK

Most importantly - know your stress triggers. What makes you reach for the sugar? Work, difficult friends/family, overcommitting yourself? Could you calm yourself with deep breathing, a quick walk or a cup of tea instead?



3

PLAN MEALS AND SNACKS

Last minute meal decisions at the end of a long day can lead us to make less than nutritious choices. Avoid this by planning your meals and snacks in advance. A weekly meal planner is ideal.



4

LOOK FOR HIDDEN SUGARS

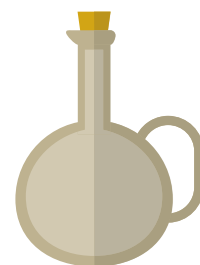
They're everywhere! Start becoming familiar with some of the other names for sugar and look out for them on product ingredient lists. Choosing products that don't contain hidden sugar will significantly reduce your overall intake.



5

EAT PLENTY OF PROTEIN + FAT

Protein and good fats like olive oil, avocado, nuts and seeds will help keep you full, stop the blood sugar imbalances and curb those sugar cravings. Make sure you're having some form of protein and fat at every meal + snack.



6

STAY HYDRATED

Drink plenty of water and non-caffeinated herbal tea each day. Dehydration can lead us to feel fatigued, which drives our sugar cravings.



7

GET PLENTY OF SLEEP

When tired we look for things that will give us energy fast - sugar is often top of that list. Ensuring you get plenty of restful sleep can help you curb the sweet cravings



8

AVOID TEMPTATION

If you know having chocolate or your sweet treat of choice in the house is far too tempting for you.... avoid buying them regularly and make it an 'occasional' addition to your shopping.

