How To Stop those Sugar Cravings!

You may think that you don’t eat much sugar and

Eating less sugary treats can help give you more energy, and even stop diabetes, heart attacks, and strokes. But it can be hard! Cravings can happen if you eat a lot of added sugar daily because your body gets into a habit of wanting more and more sugar. Here are some tips to help stop those sugar cravings:

1. **The first 2-3 days are the hardest**: It gets easier once your body gets used to having less sugar! If you stop eating sugary snacks and drinks, it will take just a couple days for the cravings to lessen.
2. **Never leave the house without a healthy snack**: When those cravings hit, make sure you’re ready with a healthy option to help you succeed! Nuts, dried fruit, and yogurt are easy options you can have stored at home and ready to go.
3. **Fruit is your friend**: For those first 2-3 days when you stop eating sugar, let yourself have as much fruit as you want! You’ll get the sweetness of natural sugar and lots of vitamins, minerals, and fiber to keep you full and your blood sugar stable.
4. **Eat foods together**: Don’t eat sugar alone, it will go right into your blood and make you crave even more sugar! Eat a sugary treat with a high protein or healthy fat food, or at the end of your meal if you’re still hungry. Choose healthier sweet treats like trail mix with dark chocolate and nuts, a spoon of natural peanut butter and dark chocolate, or fruit and low-fat yogurt.
5. **Chew gum**: Sometimes you might crave something sweet if you’re bored or because you’re used to having something sweet at a certain time. Try chewing gum instead, this can help you satisfy your craving, cut calories, and trick your brain into thinking you had something sweet!
6. **Distract yourself**: When you feel like eating a sweet treat, STOP! Ask yourself if you’re really hungry or are you bored? Choose a healthier snack if you’re hungry. If you’re bored, distract yourself from the craving instead of giving in—dance, walk, call a friend, or clean-up!
7. **Eat regular, scheduled meals**: Try to have 3 meals and 2 healthy snacks at the same time every day, even weekends! This will keep the right amount of sugar in your blood and teach your body that it doesn’t need to crave anything to let you know you’re low on energy!
8. **Eat slowly**: Whether it’s a meal or a snack, eat slowly! Think about how your food tastes, feels, and smells. Do you ever eat without thinking when watching TV or driving home? Think about every bite you put in your mouth, ask if you’re enjoying your food or if you’re full. Paying attention when you eat helps you know exactly how much you need so you don’t eat too much and your body knows that it got enough food!
9. **Cut down slowly**: If stopping sugar feels too hard right now, try eating less. If you have sweet bread in the morning with your coffee, choose whole grain bread with jam. Eat just half of the sweet bread at the end of a meal if you’re still hungry. If you like soda, mix half the soda with seltzer water to cut down the sugar. Slowly drink less and less soda, more and more water!
10. **Don’t keep it around**: Don’t buy the cookies, ice cream, or soda when you’re at the grocery store. If it’s not in your house when a craving hits, you won’t eat it! Choose to buy dried fruits instead. This can help teach everyone in your home the importance of choosing healthy sugars!

Different tips work for different people and at different times. You might find one tip helpful one week, but it may not work the next. Try different tips to make stopping those sugar cravings more fun!

*Remember moderation, you can have a sweet treat once in a while, that’s why it’s a treat!*