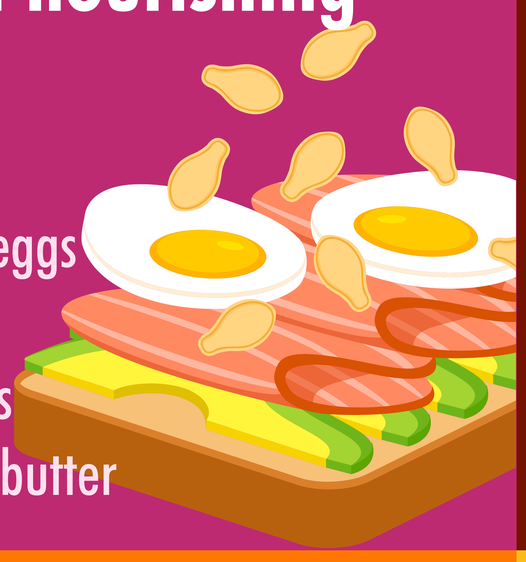
SUGAR CRAVING BUSTING TIPS

Why do we get sugar cravings?

It's a vicious cycle. Too much sugar in our daily diet creates blood sugar spikes (with a short release of happy hormones) followed by crashes… making you feel fuzzy-headed, irritable and desperate for a large blueberry muffin. Behind the scenes cravings are driven by our hormones and stress can make them much worse. The hormone insulin plays a key part. If our cells are insulin resistant we struggle to utilise glucose for energy. This leaves us craving more and with higher levels of glucose circulating in our blood stream, putting us at risk of diabetes type 2. Whether you've been diagnosed or want to take preventive measures, you'll benefit from these tips:

1. Set yourself up with a nourishing protein rich breakfast

- Porridge with seeds and berries
- 1.5 slices of rye bread with 2 boiled eggs / kippers/cream cheese and smoked salmon/ Avocado and pumpkin seeds
- high protein smoothie including nut butter



2.Plan some healthy snack attacks!

- 2 oatcakes with nut butter
- Nuts and seeds
- Hummus and crudites

3. Add ½ teaspoon of cinnamon to smoothies, porridge, yoghurt, coffee

Cinnamon has been shown to curb blood sugar by improving insulin sensitivity

4. Move!

Even moderate exercise such as brisk walking helps your body metabolise sugar by increasing insulin sensitivity

5.Get some magnesium

Cravings can be the result of a diet low in this trace mineral. Include almonds, cashews, oats, beans, dark green leafy veg and even dark chocolate. Add Epsom salts to your bath!

6.Boost your serotonin (happy chemicals) naturally

Rewire your brain from using sugar as a treat to relying on other ways to boost happiness: go for a walk, get some daylight, be absorbed in something you enjoy

7. Up the dose of healthy fats

Fats from coconut oil, olive oil, avocados give us a feeling of satiety and help prevent hunger pangs

8. Sugar free hydration

Dehydration can make us crave sweet foods. Minimise high sugar drinks (or those with artificial sweeteners), such as sports drinks, energy drinks, sodas, and even fruit juice (except for tomato). Replace with water, infused with fruit or with a squeeze of lemon , kombucha or herbal teas.

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