

IF YOU WANT TO CUT BACK BUT ARE STRUGGLING WITH SUGAR CRAVINGS TRY THESE TIPS



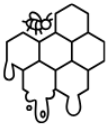
Tip 1: Make sure you're consuming enough calories in a day.

Sugar cravings can be the result of under-fueling/under-feeding. Remember the body's preferred fuel source is sugar! If you're starving yourself, it's natural to have a sweet tooth



Tip 2: Consume more protein!

Protein is an extremely satiating nutrient and higher intakes have been known to curb sugar cravings.



Tip 3: Replace table sugar with natural sources. Honey and stevia are natural sweeteners that are a better alternative to traditional table sugar.



Tip 4: Consume more whole foods, especially vegetables! Whole food diets are rich in vitamins, minerals, and fibre. Fibre is filling and can help cut back on sugar intake and decrease cravings.



Tip 5: Replace soft drinks and sweetened drinks with flavored sparkling water or make your fruit-infused water.



Tip 6: Cut back on sugar servings when baking! Replacing sugar with spices such as cinnamon or nutmeg can easily replace the sweetness you are trying to achieve.



THE LOW DOWN ON SUGAR

For years we have been told that sugar is the root of all evil when it comes to health and weight. Is this the case or is this thinking outdated? Lets talk about Sugar.

Firstly what is Sugar exactly?

Sugar is a collection of carbon, hydrogen, and oxygen units that are white in appearance, and is considered glucose — a monosaccharide. The smallest units of sugar molecules are glucose, fructose, and maltose.

These “types” of sugars can be found in bread, sweets, fruits, vegetables, and milk products. So, sugar exists in almost every food we eat! BUT... why does everyone say it's bad and are there better forms of it for you?

Well you actually NEEDS sugar. The body's preferred fuel source for energy is SUGAR or glucose. Regardless of if you consume lollies or vegetables, the body will turn what available carbohydrates or complex sugar molecules into glucose. Glucose is what powers almost every single movement you do in a day, keeps your brain active, and can be stored in the body's muscles and liver.

Depending on the type of food consumed, other nutrients such as fibre can slow the digestion and release of sugar into the blood. The rate at which sugar appears in the blood from consuming various foods is what we refer to as the glycemic index.

Simple sugars such as juices or lollies will raise your blood sugar quickly (high glycemic index), while complex sugars such as sweet potatoes or whole grains will only cause moderate raises in blood sugar (low glycemic index). Depending on your overall health goals, both can serve a purpose in your diet. However, most health guidelines advise choosing complex sugars over simple sugars.

What about natural sugar? Is it just the same as regular sugar? Well... yes and no. Remember there are several “types” of sugar, but in the end, everything gets turned into glucose. The catch? When you consume fruits, you are also consuming various vitamins and minerals essential for health, growth, and development.