

How to Cut Back



It's hard to cut back the sugar cravings by completely depriving yourself. EWSNetwork has practical tips that can help with those sugar cravings that seem impossible to break.

Eat Regularly!

Eat every 3-5 hours to keep your blood sugar stable. Eating regularly will help you to avoid irrational eating behaviour.

Drink Plenty of Water

You may think you crave sugar, but you actually may just be thirsty.

Get Up and Go!

When you feel a sugary craving, walk away. Take a walk around the block to distract your mind. If it is not true hunger, the craving will last around 15-20 minutes.

Give in a Little!

To avoid feelings of deprivation, eat a little bit of what you're craving. Limit yourself to only 150 calories.

Reach for Fruit!

Keep fruit handy for when sugar cravings hit. You'll get fiber and nutrients along with some sweetness. Seeds, nuts, and dried fruits are also helpful to have on hand.

Skip Artificial Sweeteners!

While they may sound like a great alternative, they don't actually lessen cravings. You may feel the need to have more to feel satisfied. Artificial sweeteners haven't demonstrated a positive effect on the obesity epidemic.

Cleanse Your House

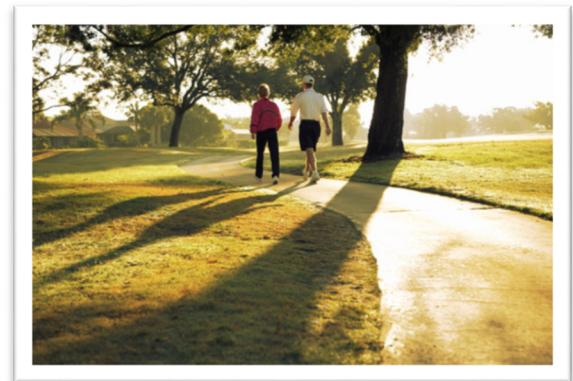
Get rid of sugary temptations at home and work.

Get Support!

Many people turn to sweet foods when they are stressed, depressed, or angry. Food doesn't solve emotional issues. Consider seeking help if your emotions are involved with your sugar cravings.

4 grams of sugar = 1 teaspoon of sugar

Sugar intake should be less than 10% of total daily calorie intake. This is approximately 50g (12 teaspoons) of free sugars consumption per day based on a 2000-calorie diet.



How are you doing with the tracking sheets?

Source: livestrong.com, webmd.com