

Kicking Sugar Cravings

Sugar cravings are one of the biggest setbacks I have come across. It is addictive, it is easily accessible and it is everywhere. We have all been through that mental battle of craving sugar, then knowing you shouldn't, but the cravings are so strong, but you have worked so hard, but I need it, no you want it... All of a sudden BAM!!! You are munching away on a chocolate bar, where did it come from, you probably don't even know, your legs just took you on a mystical journey to the supermarket while you were too busy arguing with your brain as to whether you should or shouldn't. Sugar craving are different for everyone. For women, it changes with your hormones and where you are in your cycle, (men have it a little easier in that department). You might be used to getting loads of sugar in your diet so when you try to stop, the sugar cravings are out of this world. While for others who may not have as much sugar in their diet to begin with, may experience less intense cravings enough to be able to control them. Everyone is different but there are a few things that everyone can do, no matter how strong or what time they strike, that will help you overcome them

Keep your blood sugar levels stable. Skip meals until you are ravenously hungry leads to a sugar craving disaster. When you skip meals, your blood sugar levels drop. When your blood sugar levels drop, you feel tired, lack energy, and to get past this, you opt for sugary foods for a quick spike in energy. Avoid this by always having healthy nutritious snacks on hand to keep your blood sugar level balanced throughout the day.

Don't replace sugar with artificial sweeteners. The biggest set back for sweeteners is that it encourages sugar cravings and sugar dependence in the body. You get accustomed to the sweet taste in foods and find yourself needing more to be satisfied. Live a life of unsweetened food. Retrain your taste buds to not need added sweetness to enjoy the delicious other flavours in the foods we eat. Sweeteners are a quick fix for a deeper sugar addiction problem and if you really want to kick those sugar cravings, kick the artificial sweeteners.

Form new habits... Dessert got you craving sugar after dinner. Start to illuminate desserts. Go to the movies and always find yourself at the candy bar buying malteasers and popcorn. Go to the supermarket and buy some lightly salted air popped popcorn and some blueberries instead. Cake always involved when you meet your friends for coffee. Why not grab a take away coffee and go for a walk instead. Do things that will not cause you to fall into the routine of having sugar in your diet. If you associate movies with malteasers and you don't get them... cravings! If you change this to associate movies with blueberries, cravings gone!

Might sound funny but get a better night's sleep. Its true that if you are tired, you seek energy and that energy usually comes in the form of a colourfully wrapped chocolate bar or the cookie jar at work. So improving the quality of sleep you get will help illuminate the need for those energy pick me up's.

Eliminate the temptation, if it's not in the house, you won't want it (or at least this is true 90% of the time). Don't have packets of m&m's lying around the house or lindt balls in your desk for the afternoon pick me up emergency. If they are easily accessible, it is easier to give in. Instead, surround yourself with nuts, seeds, veggies sticks, whole fruits, yogurt, anything that delivers a nutritional punch and kick those sugar cravings for good.

You can mask the cravings with artificial sweeteners, but it will not help you kick the cravings. Try implementing some of the above points and see if you can slowly ween your way out of the dreaded sugar craving cycle. It will take time and you will probably slip up a few times, but that's okay, get back on the wagon and try again. Don't give up and eventually you will be able to control those sugar craving much easier than before.