6 Strategies for Stopping Sugar Cravings:

• **Eat regularly.** Avoid skipping meals or starving yourself. Include planned, healthy snacks into your eating plan. *Sugar cravings get more intense when you’re over-hungry.*

• **Eat more high fiber whole grains and vegetables.** Minimize refined products and foods with a lot of added sugars. *Cakes, cookies, sweets, white rice, white bread, and other highly processed foods may cause an “insulin reaction” which makes you feel sluggish and crave more sugar.*

• **Include a good source of protein and/or healthy fat with each meal.** *Protein and fat are digested more slowly and give satiety to meals.*

• **Cut back on caffeine.** *Caffeine wrecks havoc with blood sugar levels, increasing the chance of overeating later.*

• **Focus on flavor to satisfy your senses without overeating.**
  
  ◊ Try one of these fabulous flavor boosters: roasted red or yellow peppers, sun-dried tomatoes, fresh ginger, balsamic or rice wine vinegar, lemon or orange zest, fresh herbs, crushed red pepper flakes or tabasco sauce, fresh mint or cilantro, salsa.

  ◊ Know which flavors turn you on. Think about the tastes, smells, and textures of food that are most appealing to you. Then, incorporate a low fat alternative into your everyday eating plan.

  ◊ Stop periodically during a meal and ask yourself if you are truly enjoying the food you are eating? Is the food worthy of your taste buds?

  ◊ Create a flavor-savoring mood at mealtimes. Set the table in style. Arrange the plate attractively. Light candles.

• **Break old patterns.** Practice stress reduction techniques to avoid turning to sugary foods for comfort.

• **Legalize all foods.** When sweets are strictly forbidden, you end up craving them more and often bingeing on them later. Enjoy a small dessert when you truly crave it. Eat it slowly and savor it without guilt!