

SUGAR SUGAR!

The Woman's Achilles Heel

DAILY SUGAR LIMIT: 6 teaspoons- 100 cal for women

Tips to help your sugar cravings:

Go cold turkey. Cutting out all simple sugars works for some people, although "the initial 48 to 72 hours are tough. Some people find that going cold turkey helps their cravings diminish after a few days; others find they may still crave sugar but over time are able to train their taste buds to be satisfied with less.

Reach for fruit. Keep fruit handy for when sugar cravings hit. You'll get fiber and [nutrients](#) along with some sweetness. And stock up on foods like nuts, seeds, and dried fruits, says certified [addiction](#) specialist Judy Chambers, LCSW, CAS. "Have them handy so you reach for them instead of reaching for the old [sugary] something."

Eat regularly. Waiting too long between meals may set you up to choose sugary, fatty foods that cut your [hunger](#). Instead, eating every three to five hours can help keep [blood sugar](#) stable and help you avoid irrational eating behavior. Grotto says. Choose protein, fiber-rich foods like whole grains and produce.

Eat more protein.

Sometimes, craving sugar is an indication that your body needs more protein. Instead of going to your favorite sweet item, chose some protein instead. Eat a piece of poultry, a pack of tuna in water, a boiled egg, or just egg whites, or a handful of nuts (not peanuts)

Skip [artificial sweeteners](#). [Artificial sweeteners](#) may sound like a great idea, but "they don't lessen cravings for sugar and haven't demonstrated a positive effect on our [obesity](#) epidemic," says Grotto, author of *101 Foods That Could Save Your Life*.

Get support. Many people turn to sweet foods when they're stressed, depressed, or angry. But food doesn't solve emotional issues. Consider whether emotions are involved in your sugar cravings and whether you need help to find other solutions to those emotional problems.

Lastly, go easy on yourself. It may take time to get a handle on your sugar cravings. If you find yourself giving in to the craving, just chalk it up as a small lapse in your plan. OU can get back on track. It gets easier as you continue to practice these new behaviors.

Foods and Supplements that may help with withdrawal from sugar and fats

Cruciferous vegetables: Leeks and onions

Supplements: vitamin B complex; Chromium Picolinate -110 mg

The material provided in this document is to help you to make informed decisions. Please consult your physician to diagnose your specific condition and needs.