

Sugar Craving Help!



A craving evaluation

Be Naturally Fit
Sugar Free Challenge

What causes cravings

- Fatigue
- Habit
- Blood sugar imbalance
- Stress
- Over-restricting
- Boredom
- Social Situations
- Real Hunger
- Dehydration



Tips and Strategies for Reducing Craving

- Know your triggers.
- Grab a healthy snack that still feels indulgent like peanut butter or avocado.
- Ensure you get enough protein at every meal and snack.
- Drink Water first!
- Avoid sugar and processed foods. Sugar craves more sugar! It's addicting so avoid it all together.
- Get a good nights sleep.
- Track your patterns with a journal.
- Get out for a quick walk outdoors.
- Take a bath, read a book, or call a friend...distract yourself.
- Have a cup of tea.
- Satisfy your sweat tooth naturally with an orange, apple or berries.
- Practice
- Just say NO, and re-affirm why you started this journey:) To be a healthier, more vibrant you!

Craving Evaluation

My craving is for: _____

Time of day: _____

Am I tired? _____

Am I emotional? _____

What happened right before the craving hit: _____

Do I want what I am craving more than I want to be successful in this month? _____

Is what I am craving worth it? _____

How will I feel after I eat it? _____

If I indulge in this craving, am I continuing a bad habit of mine?

Have I been eating well? _____

Have I been avoiding sugar? _____

Have you been eating enough healthy fat and protein? _____

Am I perhaps over-restricting and not getting enough calories? _____

Which of the strategies from above could I implement to make this craving less persistent? _____



You are stronger than this craving!