5 STEPS YOU CAN TAKE TODAY TO OVERCOME YOUR *Sugar Cravings*

Overcome the hangry monster and boost your energy with simple diet and lifestyle tips.

Congratulations

On downloading this free guide on how to overcome those pesky sugar cravings. Just the fact that you've taken this step tells me you're serious about improving your health.

You're willing to do things differently, to learn what you may not know, and to be open to new ideas and strategies that will move the needle on your health and help you get started on smashing those sugar cravings! Well, you've come to the right place...

This guide is going to show you:

- Simple lifestyle changes you can make to reduce your sugar cravings — FAST!
- What foods to eat — and avoid — for sustained energy without the sugar!
- How to balance macros to maximize your energy and minimize your cravings!

For so many of my clients, sugar cravings have been the roadblock to their health goals. Whether they want to stabilize their blood sugar, improve their lab numbers, or shed a few pounds, sugar cravings get in the way.

Those sugar cravings feel so hard to overcome.

So if you've ever been unable to resist driving by the donut shop, or passing by the Halloween candy bowl, get ready!

It's time to take that first step toward reducing those sugar cravings once and for all!

Why should you listen to me?

Because I've been there.

As a teenager and young adult, I never understood why I craved a pint of ice cream or cleared the cookie jar after a long day at school or at work. I felt lightheaded, tired, and was always extremely cranky.

Sugar felt like the only thing that could boost my energy and make me feel better until I felt tired again, craving more and more sugar!

What's worse is that I was not able to sustain any type of physical activity for a long period of time because I just kept running out of steam. I thought there was something seriously wrong with me, except there wasn't. I had run into a wall because I wasn't aware that not only my food choices, but my approach to eating was not serving me well.

That's when I realized that food had a lot to do with my mood, my energy, and how I felt. I started doing my own research to understand the interplay between my energy levels and my sugar cravings.

This is when I started to learn how to reduce those cravings. But that wasn't all. Getting my eating and blood sugars leveled gave me more energy and even optimism. It was like someone walked into my life and flipped the light back on.

The change was so dramatic that I couldn't stop talking about it. And I wanted to help other women feel as good as I did.

That's when I decided I wanted to go to school and become a Registered Dietitian/Nutritionist to understand the amazing interplay between food, the mind, and the body. And now, I'm here to help you too. You'll get the most out of this guide if you go in with an open mind and a willingness to try new things.

Some of these suggestions may be new to you, some not. But these approaches laid the foundation of my own success, and that of many, many other women just like you. I'm so excited to share these tips with you now!

Cheers to your success!

Voula

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Reduce Your Sugar Cravings Today

Balance Your Macros

Macros are the macronutrients — protein, carbs, and fat. And keeping these balanced is a key ingredient to calming your sugar cravings.

Let's look at what each of these macronutrients does for you:

Protein

- Lowers hunger levels and can reduce your appetite.
- Boosts your metabolism.
- Increases fat burning.
- Helps you maintain weight loss.
- Cuts down on cravings and lessens the desire for late-night snacks.

Protein is a slow-burning fuel. So when you add protein to each meal or snack, it will help you feel fuller longer. You can find protein in foods like meat, poultry, fish, eggs, and dairy foods like cheese and greek yogurt. If you're staying away from animal products, look to foods like beans, nuts, and seeds.

Reduce Your Sugar Cravings Today

Fat

- Provides a major source of energy.
- Supports cell growth.
- Helps the body absorb nutrients.
- Produces important hormones.
- Provides protection for your organs.

It's time to uncancel fat. For decades people were told that fat is harmful and can cause cardiovascular problems. But countless studies have shown this just isn't true.

That doesn't mean you should invest in a new deep fryer though. You don't need a lot of fat. Think of it as a way to add a touch of flavor. A couple tablespoons of healthy oil, or half a small avocado is all you need with a meal or snack.

And choosing the right variety of fat is crucial. Look for fats like olives and extra virgin olive oil, avocados & avocado oil, fatty fish, nuts & seeds, and full-fat dairy. Avoid highly processed oils like corn oil, vegetable oil, canola oil, cottonseed oil, and partially hydrogenated oils.

Reduce Your Sugar Cravings Today

Carbohydrates

- Provide your body with quick energy.
- Can be a good source of dietary fiber.
- Fuel your brain.

Carbs are quick-burning energy. Your body can process them very quickly. That's why when you're hangry (hungry + angry), you probably reach for something carb-heavy.

When you digest carbohydrates, your body quickly turns them into glucose (a form of sugar). That's why eating carbs can help you feel better quickly when you're starving.

But carbs don't stick with you long. And they can also affect your blood sugar, causing it to spike and then dip — potentially causing you to feel light-headed or hangry. And (you guessed it) when you're light-headed or hangry, you'll likely crave sugar or processed carbs.

Balance is Key
When you eat a balance of macronutrients with each meal or snack, you get the benefits of all three. Carbs give you a little burst of quick energy, while the protein and fat help you stay fuller longer, so you can avoid that shaky or hangry feeling when it's time to eat again.

And a big bonus — eating a balance of the macronutrients helps keep your blood sugar stable. Even if you aren't concerned about diabetes, keeping a stable pattern in your blood sugar will help keep you from craving that quick hit of sugar.

Increase Your Fiber Intake

When it comes to sugar cravings, fiber is your friend.

Fiber can:

- Promote a healthy weight.
- Reduce post-meal blood sugar spikes (reducing sugar cravings).
- Decrease your appetite.
- Smooth out digestion.
- Help maintain healthy gut bacteria.

But as you're adding fiber to your diet, pay attention to your sources. Some high-fiber foods are also very high in carbs — like sweet and dried fruits. Stick with low-carb sources of fiber such as non-starchy veggies like broccoli and leafy greens, fruits like blackberries & raspberries, and nuts & seeds like hazelnuts, pecans, flaxseed, and chia seeds.

If you want the full benefit of high-fiber foods, make sure you eat them in their whole-food form and avoid juices. Juicing removes the fiber. And in the case of fruit, your body processes it and turns it into sugar really fast!

Minimize Refined Sugar

Refined sugar is common in packaged and processed foods — even foods you might not consider sweet. When you check the label, there's a category called "added sugars". These are sugars that are not naturally occurring in the food.

Many added sugars are highly refined. From table sugar to high fructose corn syrup, these sugars are broken down and enter your bloodstream very quickly. This can cause those nasty blood sugar spikes and dips I mentioned before.

It probably doesn't surprise you that I'm suggesting you reduce your sugar intake to reduce your sugar cravings. So you probably plan on cutting down on things like cookies, candy, and soda. But sugar hides in places you might not expect it.

Here are some non-dessert places you'll find refined sugar:

- Breakfast foods like granola, cereal, and bars.
- Canned goods like baked beans, canned vegetables, and canned fruit.
- Nut butter and spreads.
- Low-fat products of all kinds, including yogurt and sauces.
- Condiments like ketchup and salad dressing.
- Frozen, ready-made meals like pizza and mac & cheese.

Address Your Stress

You know stress isn't great for your health. It affects sleep, mental health, digestion, cardiovascular health, and more. But did you know your sugar cravings may also be tied to stress?

A recent study showed that sugar reduces the stress response in the brain. Stress also triggers the release of cortisol, your stress hormone. And cortisol causes — you guessed it — sugar cravings. When you stress-eat that sugar, you get a spike in dopamine, which makes you feel better. But sugar makes dopamine less effective when it hits the receptors in your brain. So when you eat sugar to deal with stress, you'll just crave more and more.

And don't forget to get enough sleep! Lack of sleep also causes stress, along with a whole cascade of hormones, including the ones that make you hungrier. If you've ever noticed that you crave sugar and carbs more when you're tired, you're not alone!

Make a Plan

I'm a big fan of meal planning. No, it's not sexy or exciting. But it has so many benefits.

Planning your meals and snacks can:

- Reduce impulse buying at the grocery store.
- Help you avoid the drive-thru.
- Set you up for snacking success.
- Keep you from waiting too long to eat — you know that's when we all make our worst food choices.
- Help you get the nutrients your body needs — which will also reduce cravings.
- Save you money.

When you're exhausted and hungry, you're not likely to make great food choices. All of a sudden the drive-thru or vending machine sounds like a really good idea.

But when you've planned ahead, you can anticipate your needs and have a healthy meal ready to throw together or a snack already bagged up and ready to eat.

And whatever you do… don't skip meals! It may seem like a good idea, especially if you're trying to shed a few pounds. But skipping meals will lead to excessive hunger, overeating, and (you guessed it) more sugar cravings.

So... Are you ready to turn your health around and bust through those sugar cravings once and for all?

This guide is a great first step on your journey. These tips are the first thing I tell my clients when they're ready to stop those sugar cravings in their tracks.

But then we dig deeper. When I work with my clients I:

✔ Get the big picture of your health as a whole — symptoms, lifestyle, labs — all of it.

✔ Zoom in and put the puzzle pieces together to figure out the ROOT CAUSE of your symptoms so we can improve them from the source.

✔ Spend time with you. These are not 15 minute rush-you-out-the-door appointments like you might have with your doctor.

✔ Work with you to come up with a plan that will address your issues and fit your unique lifestyle

✔ Use cutting edge science and research to make diet, lifestyle, and supplement recommendations that will help you feel better naturally.

✔ Am there for you — to answer questions, offer support, and celebrate your victories!

Voula Manousos RD, LDN

Voula is a Registered Dietitian specializing in mindful healthy eating practices with a focus on weight management and maternal health. Voula completed her Bachelor of Science in Nutrition and Dietetics at McGill University Montreal, Canada in 1999. She also holds a Bachelor's of Science in Biology from the Universite de Montreal. In 2017 she obtained a Certificate of Training in Adult Weight Management. With over 23 years in the field, Voula has counseled thousands of patients in the areas of weight management and maternal health.

Voula helps busy women and moms create and implement a highly personalized approach designed to help them manage their weight through a mindful, non diet approach. Voula believes in helping women achieve their goals without the stress, while helping them boost their energy and focus, while dramatically saving them time preparing nourishing and sustaining meals. Her approach is to meet every single person where they are in their journey with compassion and patience. With sustainable and practical tips she helps clients learn how to nourish themselves with peace and joy. Please visit her at www.mynutritiondesign.com or send her a message at voula@mynutritiondesign.com for more information on how she can help you on your health and wellness journey.

JUMPSTART YOUR MINDFUL WEIGHT MANAGEMENT JOURNEY!

Ready to take the next step towards a healthier, more peaceful relationship with food? Book your complimentary consultation today. With over 23 years of experience and thousands of clients, I am confident we can identify the right approach to help you reach your goals.

Don't let dieting frustrate you any longer!

Together, we can develop a mindfulness practice that will make eating peaceful and pleasurable. Let's get started!

Click here to schedule your consultation now.

LET'S TALK

Resources

https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein

https://www.healthline.com/health-news/what-is-good-fat

https://www.healthline.com/nutrition/carbohydrate-functions#TOC_TITLE_HDR_2

https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639

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https://www.healthline.com/nutrition/22-high-fiber-foods

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https://sitn.hms.harvard.edu/flash/2015/ask-the-brain-why-do-we-crave-sugar-when-were-stressed/

https://blogs.city.ac.uk/learningatcity/2018/04/26/sugar-cortisol-and-me/