Strategies for Stopping Sugar Cravings:

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

- **Eat more complex carbohydrates, especially high fiber, whole grain products.** Minimize simple sugars and refined products. (For example: Cakes, cookies, sweets, white rice, white bread, and white pasta).

- **Include a good source of protein and healthy unsaturated fats with each meal.** Protein and fat are digested more slowly and give satiety to meals.

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

- **Take a break from artificial sweeteners.** Some research indicates that artificial sweeteners increase sugar cravings. Cut them out and see if it helps you.

- **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, salsa, fresh mint or cilantro.

  ◊ Know which flavors satisfy you. Think about the tastes, smells, and textures of food that are most appealing. 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 sweets for comfort.

- **Legalize all foods.** When sweets are strictly forbidden, you end up craving them more and often eating excessive amounts later (binge eating). Enjoy a small dessert when you truly crave it. Eat it slowly and savor it without guilt!

- **Get adequate sleep.** Inadequate sleep can lead to carbohydrate cravings. Listen to your body and know how much sleep you need to feel your best. Everyone is different.