



I WON'T LET THE SUGAR CRAVINGS CONTROL ME!

I will select one of the simple strategies below to help me

- 1. Drink more water** – have a glass when I get a sugar craving and try to drink 1.5-2 litres of water a day.
- 2. Take a supplement** – gymnema sylvestre or chromium can help especially when making a dietary transition or when cutting out processed sugars and packaged foods.
- 3. Make some homemade cacao chocolate** – keep a little homemade chocolate on hand and have just a small amount.
- 4. Increase the Omega 3s** – take daily flaxseed capsules - 2 with every meal, increase the use of olive oil over meals and salads , and add some additional avocado to meals.
- 5. Cinnamon powder** – put a small spoonful of cinnamon powder in the mouth, also has additional health benefits.
- 6. L-Glutamine powder** – an amino acid supplement. Place a small spoonful under the tongue when you get cravings.
- 7. Eat a piece of fruit** – any fruit of your choice on it's own or with a 1/4 cup of full fat yoghurt.
- 8. Suck on coriander or fennel seeds** – a great alternative for people who love to suck on candy or chewing gum. Just suck or chew on the seeds.
- 9. Licorice tea** – a herbal tea that is sweet in flavour and can help to reduce cravings. Also provides other health benefits too.
- 10. Get active** – distract myself by going for a walk, doing some housework or another activity.

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