



STRATEGIES FOR BREAKING FREE FROM SUGAR CRAVINGS

Follow these simple strategies, and you will reduce cravings, improve mood & gain more energy!

<p>1. Have protein at each meal</p>	<p>Low blood sugar increases cravings. Protein is digested slowly, so your blood sugar will be more likely to remain in balance. Protein is broken down into amino acids and used to make neurotransmitters like serotonin and beta-endorphins, which act in the body to create energy, regulate our moods, relax us and reduce both physical and emotional pain.</p>
<p>2. Include healthy fats ~avocado, nuts & seeds, coconut oil and milk, salmon, butter, olives, fish oil etc</p>	<p>A lack of fats can make you crave sugar. Fat is satisfying and filling, and has many health benefits. Quality fats balance hormones and blood sugar, help us absorb vitamins A, D, E, K and calcium, balance moods, create cellular membranes, support brain health, etc; the list is extensive.</p>
<p>3. Eat fruit</p>	<p>Fruit has valuable nutrients, fiber and water. Anytime you eat fruit, combine it with protein and/or fat. This will help slow down the burning of those sugars and provide you with more even energy levels. Simple carbohydrates alone are like paper burning. Add fat and/or protein to your carbohydrates and they will burn like kindling or logs ~ nice and slow.</p>
<p>4. Eat breakfast</p>	<p>Never skip meals – you must fuel your body for it to run optimally. It is a fallacy to believe that skipping meals will help you lose weight or make up for the refined carbohydrates that you ate yesterday. Eating breakfast actually revs up your metabolism. Always try to include a protein food with breakfast.</p>
<p>5. Take 500 mg L-glutamine between meals, or when cravings hit</p>	<p>Glutamine is an amino acid found in proteins. One of its functions is as a second fuel for the brain, after glucose. It will have a remarkable effect on stopping cravings, as well as healing the digestive tract. Glutamine is best taken on an empty stomach and should be avoided with manic depression or bipolar disorders.</p>



<p>6. Boost your mineral intake ~ eat whole foods</p>	<p><u>Magnesium</u> – people are often deficient, which increases cravings for chocolate. Top Mg foods are: kelp, almonds, cashews, brewer’s yeast, buckwheat and dark leafy greens. <u>Chromium</u> – helps with cravings and blood sugar regulation: brewer’s yeast, liver, oysters, eggs. <u>Zinc</u> – deficiency common in people with obsessive food issues like bulimia, binging and anorexia: oysters have a huge amount, ginger root, beef, lamb, split peas, pumpkin seeds, Brazil nuts.</p>
<p>7. Make your home a sugar free zone</p>	<p>Throw it away. Give it away. You are not a garbage can! Make your home a no-sugar zone. If you share a home, ask others to store their stash in a separate cupboard or in their own rooms. Ask for support.</p>
<p>8. Plan ahead! Carry snacks and meals with you in a small cooler or lunchbox, especially if you know you will be out and about for long periods of time</p>	<p>Be prepared! Think ahead to avoid emergency situations and being at the mercy of temptations, fast food, caffeine or other choices that may derail the progress and balance you have worked so hard for. Depending on your biochemical individuality, you may need to eat 5-6 small, frequent, meals or snacks, 2 meals and 2 snacks, or you may do well on 3 meals a day. Experiment and be sure to eat every 2-4 hours. Listen to your body.</p>
<p>9. Quit Cold turkey for 2 weeks</p>	<p>This will re-set your system, greatly reduce cravings. You can do it!</p>
<p>10. Understand your own food cycles</p>	<p>Eating styles change with time, consistent effort and commitment. Rather than aiming to eat one way and then feeling bad for “falling off the wagon,” aim to have your sugar days be more and more moderate and of shorter duration. Have compassion for yourself and gently return to your new habits. You are learning new ways and rebalancing your biochemistry.</p>
<p>11. Move your body, find something that you love to do ~ get an exercise buddy</p>	<p>Moving your body will make you feel better on many levels, shift your metabolism, elevate mood and, important for anyone with sugar cravings and excess refined carbohydrate consumption, will increase sensitivity of insulin cell receptor sites ~ that’s a good thing! To start, aim for 3x/wk for a minimum of 30-60 minutes each time.</p>



<p>12. Drink some water</p>	<p>Many people confuse hunger with thirst, and they are actually dehydrated, which has been proven to exacerbate health conditions and symptomologies. Drink water between meals, room temperature is optimal. Drink water every day, aim for about 8 glasses.</p>
<p>13. <u>ALWAYS</u> read your labels</p>	<p>Be aware of all of the hidden names for sugar. This is POWER ~ now you know! Eat real food, instead of refined foods, which steal from your bones, tissues, organs and cells in order to metabolize them.</p>
<p>14. Be a Sugar Snob! <i>Enjoy small amounts of the best quality sugars</i></p>	<p>It's unrealistic for most people to never have sugar again, unless you have medical reasons to avoid it. Instead, become a Sugar Snob! Turn your nose up at cheap chocolates. Only get the best: organic dark chocolate or raw cacao beans. Use whole food-based, less processed sugars: raw honey, Rapadura (dehydrated cane sugar juice) maple syrup or stevia. Use small amounts. Reserve for celebrations.</p>

Circle one, two or three strategies that you are willing to put into action in the next few days.



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Common Sources & Names of Hidden Sugars

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~ most substances that end in an -ol, -ose and -ide are sugars ~

<p>Ace-K Acesulfame-k = <i>Sunette, Sweet & Safe, Sweet One</i> Alcohol/Alcoholic drinks Alitame Agave Amasake Artificial sweeteners (<i>Equal, Splenda, Saccharine, Sweet 'n' low, Sweet Thing etc</i>) Artificial flavors (<i>check with company</i>) Aspartame/Nutrasweet Augmiel Barbados sugar Barley malt and syrup Beer Beet sugar Black strap molasses Brown rice syrup Brown sugar Cane juice Carbitol Caramel coloring/sugars Cellulose is <u>NOT</u> a sugar Cocoa mixes Concentrated fruit juice Confectioner's sugar Corn syrups & sweeteners Cyclamates Dark brown sugar Date sugar, paste, syrup Dextrin/Dextrose Dried fruits w/ added sugars Extracts</p>	<p>Florida crystals <i>also known as: evaporated cane juice</i> Fructose Fruit flavorings Fruit juice concentrate Galactose Glucose Glycerides/Glycerine Granulated sugar High Fructose Corn Syrup Honey -ides (<i>any additives with this suffix: monosodium glycerides di- and monosaccharides, diglycerides, saccharides, , etc</i>) Invert sugar Isomalt Jaggery Lactose Levulose "Light", "lite" or "low" sugar Malted barley Malitol Malto (any) Maltodextrin Maltose Mannitol Maple sugar Modified food starch Molasses "Natural" flavors (<i>call company, usually sugar, MSG or other artificial substances, may be food grade essential oils or aromas, which are usually ok</i>)</p>	<p>"Natural" sweeteners Nectars Neotame "-ol" <i>any additive with this suffix = sugar alcohol s/a: carbitol, glycerol, glycol, malitol, mannitol, sorbitol, xylitol, etc</i>) Olestra (made from sucrose) "OSE" <i>any additive with this suffix s/a: dextrose, fructose, galactose, glucose, lactose, mannose, sucralose, sucrose etc</i>) Pentose Raisin juice/paste/syrup Raw sugar Rice malt/sugar/syrup Saccharides (any) Sorbitol Sorghum sugar Splenda (<i>sucralose</i>) Stevia Sucanat (<i>evaporated cane juice</i>) Sucrose/Sucralose "Sugar-free" products Sunette/Sweet One Turbinado sugar Vanillin Whey as an additive - 71% sugar (<i>ok as a protein powder if no sugar added and low-heat processed from grass-fed sources. Choose whey protein concentrate, not isolate</i>) Xanthan/Xanthum gums Xylitol Yinnie syrup Zylose</p>
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Common Sources & Names of Hidden Sugars

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*The presence of hidden sugars should be suspected, and may be present in the following items, either because the manufacturers are not required to list the sugar content, or because the sugars are listed in such a fashion that the consumer does not recognize them as sugar. **ALWAYS** be a label reader, and know your names for undercover ingredients!*

Bakery products
 Bouillon cubes
 Breadings *for fried or baked poultries and meats*
 Breath fresheners
 Candy
 Canned & frozen foods
 Carob chips
 Catsup
 Cereals
 Chewing gum
 Chocolate
 Ciders

Cigarettes
 Convenience foods
 Cottage cheese
 Dry roasted nuts
 Frozen & canned entrees
 Fruit juices
 Gravies
 Hot dogs
 Instant coffee and tea
 Ice creams/frozen yogurt
 Iodized salt
 Jams/Jellies
 Luncheon/Deli meats

Marinades
 Peanut butter
 Potato chips
 Salad dressings
 Sauces
 Sodas
 Soups
 Sports/nutrition bars
 Stevia – *can contain maltodextrin or lactose!!*
 Table salt –*often contains dextrose*

Notes:



Sugar Glossary

There are many kinds of sweeteners available. Some are highly refined and have a detrimental effect on physical health and emotional well being, while others are able to provide the sweet taste that people desire but are more neutral in their impact on physiology. Sugar Glossary defines the variety of sweeteners available in the marketplace.

Granulated White Sugar (a.k.a. 'table sugar')

This is the sugar that most of us are familiar with. It is usually found in one or five pound packages in the baking section of the grocery store. It is highly refined and is made from sugar cane or beets that have been stripped of beneficial nutrients in the refining process. White sugar is very sweet and is used by many American households in baking and cooking because of its sweetness and its low price.

Confectioner's Sugar

Confectioner's sugar is white sugar that has been powdered. It is used mostly in making dessert recipes.

Brown Sugar

Brown sugar is cane sugar with a little molasses added to provide the brown color. A popular misconception is the belief that because of its brown color, it is more healthful and contains more nutrients. This is not the case.

Molasses

Sugar is refined by squeezing juice from beets or sugar cane. This juice is then boiled into syrup from which the sugar crystals are extracted. The remaining syrup is called molasses.

Raw Sugar

The residue left over after sugar crystals have been extracted and molasses has been removed is called raw sugar. It is brown in color and is further processed to remove impurities. Though often described as being a 'healthy sugar', it is highly purified to reduce these impurities that may include molds and fibers. Demerara sugar is raw sugar from Guyana and Turbinado sugar is steam •cleaned raw sugar. Florida Crystals is another form of raw sugar.

Sucanat

Sucanat is dehydrated juice from sugar cane. Though less processed than raw sugars, sucanat is still a processed sugar and has lost some of its nutrients.

Rapadura

Rapadura is pressed cane sugar, but it has not been refined. It is darker in color and still has most of the minerals that are naturally found in cane sugar, otherwise lost in the processing of white, brown and raw sugars.



Honey

Bees make honey from flower nectar. Most honey bought from stores has been pasteurized and kills the valuable enzymes. Raw honey has not been pasteurized and is available in health food stores and farmers markets. Children under the age of two should never be given honey.

Maple Syrup

Maple syrup is the boiled down sap from maple trees. It comes in liquid syrup and crystal form. Grade B maple sugar is better to use in cooking than grade A, as it is darker and contains more flavor. Therefore, less can be used in a recipe.

Stevia Powder

Stevia is an extremely sweet powder derived from a South American herb. It is not a sugar. Because of its intense sweetness, stevia is used sparingly. In its more natural form, it is green in color, but after processing, it is transformed into a white powder or a clear liquid.

Fructose

Fructose is fruit sugar. It also comes refined in a white powder form. It is sweeter than table sugar.

Malt Sugars (example: Barley Malt)

Some grains have been malted to produce a sweet syrup. These syrups have a distinct flavor, depending on which grains have been used in the malting process, and they would not be appropriate for people who have grain intolerances.

Rice Syrup

Rice syrup is a sweetener made from processing rice. Though touted as being a more healthy option to other sweeteners such as table sugar, rice syrup is not very sweet, so more of it is needed in a recipe to achieve the same level of sweetness as sugar.

Date Sugar

Date sugar is derived from dates and is often touted as being a 'healthy non-sugar' to use as a sweetener, but it is a sugar and can have some of the same effects on the body as table sugar.

Coconut sugar

Coconut sugar, which is also known as coco sugar, coconut palm sugar or coco sap sugar, is a sugar produced from the sap of the flower buds of the coconut palm tree. In South and Southeast Asia, coconut sugar has been used as a traditional sweetener for thousands of years.

Coconut sugar consists primarily of sucrose and because it is not highly processed, the color, sweetness and flavor can vary depending upon various factors. Coconut sugar has gained popularity as a health food, especially among people with diabetes since it has a



glycemic index that is lower than white and brown sugar. Coconut sugar has a high mineral content and contains several B vitamins.

Agave

Agave has become a preferred sweetener for those who are considered to be health conscious. However, this sweetener is also shrouded in controversy. On the one hand, proponents claim agave is a “natural” sweetener with a relatively low glycemic index and is high in inulin, a beneficial fiber that serves as food for healthful gut flora. It does contain very small amounts of calcium, potassium, and magnesium, but not enough to matter nutritionally.

Those critical of agave propose that it is nutritionally and functionally similar to high fructose corn syrup, and can range anywhere from 55-92% concentrated fructose, and the rest as glucose, depending on processing and the source of the plant. High fructose corn syrup contains about 42-55% fructose, with the remainder being glucose. Agave is not inherently healthier than sugar, honey, high-fructose corn syrup, or any other sweetener.

References: Kathleen M. Zelman, M.R. (n.d.). The truth about agave: Is this ‘natural’ sweetener healthier than table sugar? Retrieved from

<http://www.webmed.com/diet/features/the-truth-about-agave>

Nagel, R. (2009). Agave Nectar, The high-fructose Health food fraud. The Townsend Letter, 69-73.

Artificial Sweeteners

These include aspartame, also known as NutraSweet, and saccharin. They are highly refined, synthetic substances derived from coal tar, amino acids, and wood alcohol. More reports of side effects have been reported to the FDA than any other substance. It continues to be under investigation.