

# CONQUER CRAVINGS

When a sugar craving hits, it may seem as if the ceiling will come crashing down if you don't get something sweet... and quick. A sugar craving may simply be your body's way of telling you that it's low on energy, it's bored or it has come to expect an afternoon sugar boost. Here are some easy ideas to help keep those cravings in check before you see any negative health effects.



## Balanced Snacking

Snacks are a great way to maintain constant energy levels throughout the day. To increase both the satisfaction and nutrition value of your snack, it's best to pair a carbohydrate with a little protein or good fat. (See examples to the right)

## Stay Hydrated

Sometimes cravings hit when you're feeling sluggish due to dehydration. Keep a bottle of water nearby to stave off those faux sugar cravings.



## Stay Engaged

Mid-day listlessness may have more to do with boredom than a drop in blood sugar. If you find yourself wanting to snack just for something to do, switch up your routine. Take a quick walk around the office, try your hand at the crossword puzzle or take a 5-minute socializing break.

## Out of Sight, Out of Mind

If that bag of M&Ms weren't sitting on the counter would you still be craving them? By keeping sweet treats in a drawer or non see-thru container you may find that your desire for them decreases.

## Frozen in Time

If you're a person who craves sugar in the form of candy, try keeping them stored in the freezer. In the 10 minute-long wait for the candy to thaw you may realize that just one piece is more than enough.

## SNACK CHEAT SHEET

### Carbohydrates

Fruit  
Veggies  
Bread

### Good fats

Dairy  
Nuts  
Lean meat

## SOME IDEAS:

- A piece of cheese with a handful of crackers
- Peanut butter with a banana
- Grapes mixed in with cottage cheese
- Raisins or a few pieces of chocolate with a handful of nuts
- Drink water
- Go for a walk
- Keep candy in a drawer



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