

BEST FOODS TO BEAT SUGAR CRAVINGS

Everyone has a craving, at one time or another, for some kind of food. While craving food isn't a bad habit, it can lead to eating foods that rob us of nutrients. And let's be honest, too often our cravings are not healthy ones.

An example of this is sugar cravings. We are a world addicted to sugar and then wonder why we have so many health issues.

80% of the 600,00 items sold in grocery stores have added sugar. – Fedup.com

Here are foods that can help beat sugar cravings.

APPLES

One reason why you crave for sugar is because of chromium deficiency. Chromium is a metal which is seen as a very important trace element in your body. This metal is also very essential in the metabolism of fats, proteins as well as carbohydrates, and getting a sufficient amount of chromium can enhance the way the body regulates cholesterol and fat.

Apples are rich in chromium. Other foods rich in chromium are broccoli, oats, sweet potato, tomato, eggs, and green beans to name a few,

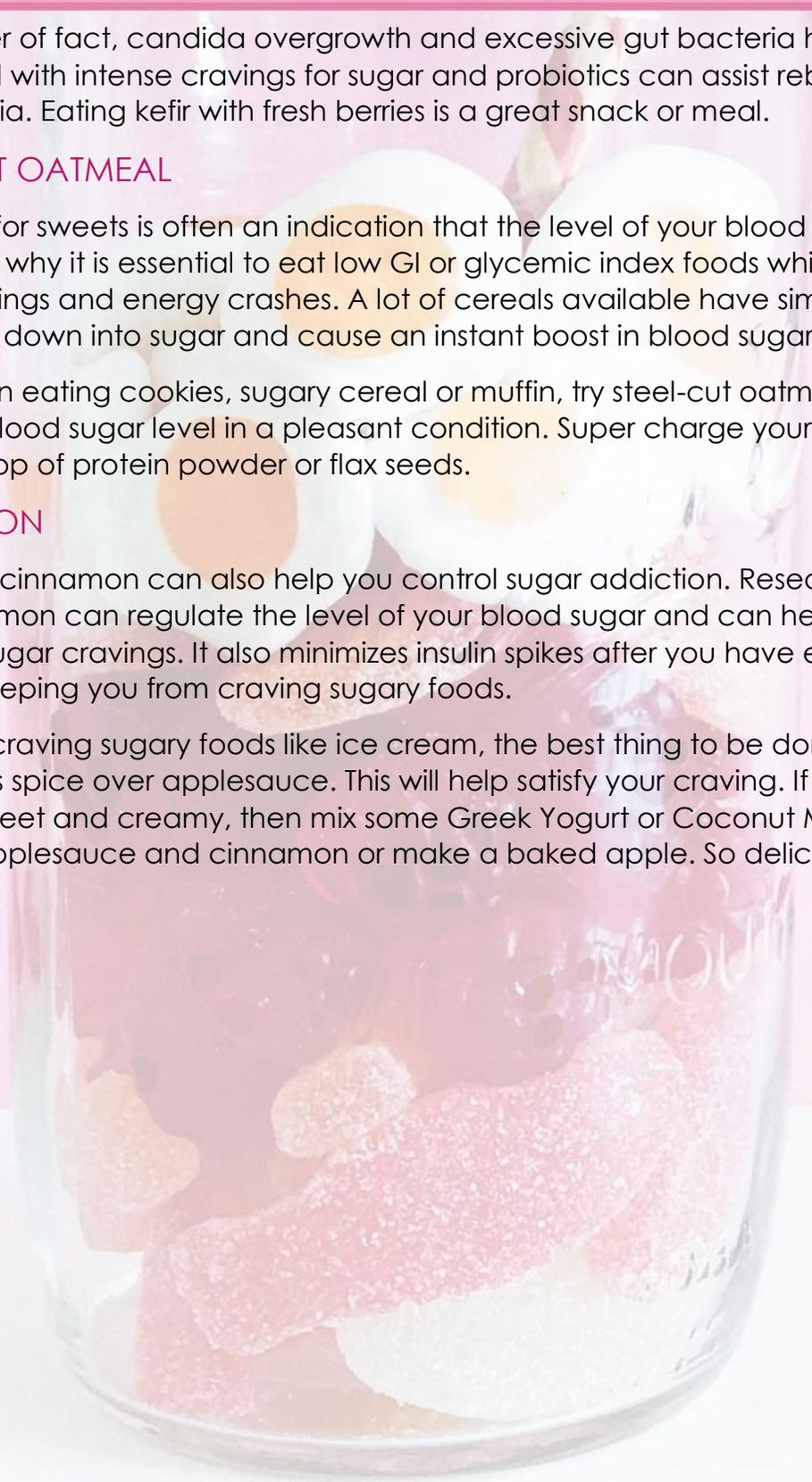
NUT BUTTER

Consuming protein is a super way to lessen sugar cravings as it stabilizes the level of blood sugar in your body. Nut butter is the perfect way to beat sugar cravings as this is a fat and protein combination. Make sure to look for nut butters without added sugar.

Nut butter also offers sulfur; this is the 3rd most important mineral in the body and found in the muscle, bones and skin. As you grow older, a deficiency in sulfur can result in wrinkling and sagging of your skin or stiff joints and muscles.

KEFIR

Cupcakes look great but your body really needs essential nutrients including phosphorus. Common in products such as kefir, this substance is a building block for healthy bones. Also, Donna Gates, author of The Body Ecology Diet, says consuming Kefir (you can get a nondairy version as well) can lessen sugar cravings.



As a matter of fact, candida overgrowth and excessive gut bacteria have been associated with intense cravings for sugar and probiotics can assist rebalancing gut bacteria. Eating kefir with fresh berries is a great snack or meal.

STEEL-CUT OATMEAL

A craving for sweets is often an indication that the level of your blood sugar is high. This is why it is essential to eat low GI or glycemic index foods which stop sugar cravings and energy crashes. A lot of cereals available have simple carbs that break down into sugar and cause an instant boost in blood sugar level.

Rather than eating cookies, sugary cereal or muffin, try steel-cut oatmeal. This will keep blood sugar level in a pleasant condition. Super charge your oatmeal with a scoop of protein powder or flax seeds.

CINNAMON

Spices like cinnamon can also help you control sugar addiction. Research shows that cinnamon can regulate the level of your blood sugar and can help minimize sugar cravings. It also minimizes insulin spikes after you have eaten, thereby keeping you from craving sugary foods.

If you are craving sugary foods like ice cream, the best thing to be done is to sprinkle this spice over applesauce. This will help satisfy your craving. If you are craving sweet and creamy, then mix some Greek Yogurt or Coconut Milk Yogurt with the applesauce and cinnamon or make a baked apple. So delicious.