

WORKOUT WITH TY

TIPS TO HELP REDUCE SUGAR CRAVINGS

FOOD FOR THOUGHT?

When time of the day do you get the cravings? Are you getting enough sleep? Are you hydrating enough and getting all the minerals you need? All of these can contribute in sugar cravings. Have a think and see if theres something here which could be improved and see if it makes a change.



ALTERNATIVES FOR SUGAR CRAVINGS

1. LITTLE BIT OF DARK CHOCOLATE INSTEAD OF NORMAL CHOCOLATE
2. DRINK A HERBAL TEA WITH A TOUCH OF HONEY OR MAPLE SYRUP AT NIGHT INSTEAD OF YOUR DESIRED CRAVING.
3. EAT LOW GI FRUIT. TRY AND STICK TO THIS IN THE MORNING AND AFTERNOON.
4. CHIA SEEDS AND A YOGHURT ONE OR TWO DATES OR PRUNES SMOOTHIES
5. SMALL HANDFUL OF NUTS AND SOME RAISINS
6. LOW CALORIE POPCORN SMALL HANDFUL