

Sugar Hacks to Kick the Sugar Habit



Hack #1: Make Room for Magnesium

Sugar cravings, especially for chocolate, can be a sign of magnesium deficiency. Magnesium helps regulate blood sugar and the production of insulin.

Foods rich in magnesium : Dark leafy greens, nuts and seeds, quinoa, avocados, brown rice

Hack #2: Don't Fear the Fat

Despite what you've been told for the past 30 years, fat does not make you fat! In fact, fat can calm your sugar cravings.

Healthy fats that curb cravings: Avocados, nuts and seeds, nut butters, coconut oil, coconut milk, extra virgin oil, wild caught fish

Hack #3: Fill Up on Fiber

Foods high in fiber slow down the absorption of sugar and help to stabilize blood sugar levels and prevent the blood sugar roller coaster.

Filling high fiber foods: Fruits and vegetables are high in fiber along with legumes such as lentils and beans and whole grains such as quinoa and oats.

Hack #4: Avoid Artificial Sweeteners

Artificial sweeteners can actually increase your craving for sweets. They fool the body into thinking it's getting something sweet, so insulin is secreted (a hormone that lowers blood sugar). Secretion of insulin can lead to a drop in blood sugar, causing you to crave sugar even more.

Avoid artificial sweeteners with: Saccharin, aspartame, sucralose.
Avoid products with high fructose corn syrup.

My favorite natural sweetener is made from monk fruit.
It has a nice sweet flavor but doesn't affect the blood sugar.
[You can purchase from Amazon here.](#)

