



Six Foods That Can Help Curb Sugar Cravings

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Grazing on smaller healthy meals will ensure that your blood sugar levels remain stable. It is when your blood sugar levels drop that you will feel tired and flat and crave sugary foods to give you a short burst in energy. Don't skip meals either as this will cause your blood sugar levels to drop and increase the risk of you overeating at your next meal and making poor food choices. Here's six foods that can help curb sugar cravings, naturally.

1. **Cucumber**; A cooling, rich in vitamin C vegetable that is packed with fibre and antioxidants. Cucumber comes with many health benefits such as treating acidity, aiding weight loss and can also reduce the production of digestive acids in your stomach, which helps reduce sugar cravings, as digestive acids can be responsible for causing sugar cravings.
2. **Berries**; Unlike fruit juices and dried fruit that are high in sugar and low in fibre, whole, fresh fruit like blackberries, raspberries and strawberries provides a great source of fibre that allows for the slow-release of the natural sugars.
3. **Almonds**; Packed with heart-healthy fats, almonds can help control blood sugar, keeping intense sugar cravings in check. The healthy fats in nuts keep you feeling satisfied even longer, making it less likely for you to have an energy dip between meals.
4. **Celery sticks with peanut butter**; The fibre from celery paired with protein and healthy fat from peanut butter is a triple play for stable energy. Snacks rich in these three nutrients are the best way to keep you sustained between meals, as protein, fats and fibre are digested slowly to gradually release energy over time, making it less likely you'll hit that afternoon energy crash.
5. **Pumpkin seeds**; Also known as pepitas are rich in magnesium. If you often crave chocolate, your body could be asking for more magnesium.
6. **Greek yogurt**; Another cause of your sugar cravings could be an imbalanced gut microbiome, where the bacteria have adapted to thrive on sugar. To reset your gut's natural balance of bacteria, choose low-sugar Greek yogurt that is packed with active probiotics. Greek yogurt is also rich in protein, keeping you fueled until your next meal.



Evie's Eats - Quinoa & Chickpea Salad

Ingredients:

- 1 cup uncooked quinoa
- 1/2 a can of cooked chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 red onion, finely chopped
- 1 handful parsley, finely chopped
- Drizzle of olive oil
- ¼ cup lemon juice
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced
- Pinch of sea salt and ground black pepper, to taste



Method:

1. Cook quinoa as instructed on packet.
2. In a large serving bowl, combine chickpeas, cucumber, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavour, let the salad rest for 10 minutes before serving. Enjoy!

Quote of the month - **Change your thoughts and you change your world!**



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Take control your life, be happy! – rock on!

Till next month... *Evie*