



What do
cravings
mean?

January 2017

What Do Cravings Mean?

If you're craving sweet foods...you may need wholegrain carbs

If we have low blood sugar, our bodies will crave sweet foods as the brain and muscles need sugar as their primary energy source. Having low blood sugar can also make us feel tired and irritable. When sugar cravings hit, go for a carbohydrate-based snack such as fruit or a slice of wholegrain toast.

If you're craving salty chips ... you may need to de-stress and hydrate

Craving salty foods can indicate an interruption in electrolyte balance or a simple dehydration issue. Electrolytes are minerals in your body such as sodium, calcium and magnesium. Try to stay hydrated with fresh water or some raw vegetables which will contain plenty of fluid for your body.

If you're craving coffee ... you may need balanced blood sugar levels

Can't function without several coffees a day? You might be looking for the addictive caffeine hit, but the craving might also mean your body is experiencing poor blood sugar control. Caffeine will increase the output of our stress hormone adrenalin, which increases blood sugar levels. Later as the sugars drop, you are left feeling lightheaded, fatigued, and moody and desperately craving another coffee or sugar or both. If you want to break this addictive cycle you must eliminate coffee for 10 or more days. Eat regular balanced meals to control good blood sugar levels.

If you're craving chocolate...you may need magnesium

Chocolate is a popular craving, particularly for woman. A mix of sugar and fat, plus it contains alkaloids which boost serotonin and lift your mood. Chocolate also contains magnesium and B vitamins. Wanting chocolate excessively has been linked to a lack of magnesium, but you won't find much of the mineral in highly processed chocolate. If you have chocolate, stick to good quality with 70 per cent cocoa solids. Or reach for foods with magnesium such as green leafy vegies, nuts and seeds, soy beans and avocados.

If you're craving creamy, cheesy foods...you may need healthy fats

Creamy foods like cheese may mean you're looking for comfort. Milk contains choline, which has soothing effects, plus tryptophan, which when combined with carbohydrate's triggers production of serotonin, the feel-good neurotransmitter. Regular amounts of good fat such as avocado, nuts, oily fish, eggs and olives will prevent cravings for creamy foods.



Recipe of the month

Evie's Eats

Chia Seed Pudding with Banana & Blueberries

(Serves 2-4)

Ingredients:

- ½ cup white or black chia seeds
- ½ cup coconut water (you can make it with cow's milk, coconut or almond milk)
- 1 banana
- Handful of blueberries
- Splash of vanilla essence

Method:

1. In a container mix chia seeds into the coconut water.
2. Add vanilla essence.
3. Store in an airtight container overnight.
4. To serve, put chia pudding into a bowl and layer with sliced banana and blueberries or other desired fruit. (You can add honey, agave syrup or maple syrup but I found it sweet enough). Enjoy!



Quote of the month

Forget all the reasons it won't work and believe the one reason that it will!



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

Till next month... *Evie*