



What Do Your Cravings Mean?

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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. It is not unusual that a night on the dance floor will create an electrolyte imbalance which can lead to eating salty chips. In this case you are better 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 to balance your 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 and 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 really 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.

Evie's Eats - Chia Seed Pudding with Banana & Blueberries

(serves 3-4)

Ingredients:

- ½ cup white or black chia seeds
- ½ cup coconut water (you can make it with cow's milk, coconut or almond milk).
- 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 desired fruit. (You can add honey, agave syrup or maple syrup but I find it sweet enough). Enjoy!

Suggestions for serving:

- 1 peach or mango
- 1 sliced banana
- 1/2 blueberries or strawberries
- 1/2 cup of mixed berries (if frozen, thaw overnight in a sealed container in the fridge).
- Dollop of yogurt



Quote of the Month - Sometimes we're tested not to show our weaknesses, but to discover our strength!



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

Till next month... *Evie*