

THE SUGAR DETOX TIPS

Set it up:

Pick the optimal window: Try and aim for 3 weeks. Choose a window of time (away from holidays and vacations)

Plan ahead: Have new meals, and snacks mapped out.

Detox your pantry: Toss all snack items and foods that do not meet your intended goals. Stock with quality, nutrient dense foods.

Communicate: Share with family, friends and co-workers your intentions/goals. Can help lower the pressure for you.

Expectations: You may not feel great the first week as your body shifts. Drink water, add minerals, support serotonin (b6, get sunlight and ensure quality sleep)

*you may find it helpful to support your neurotransmitters in this time. Reach out for a supplement consultation..

Successful Tips:

Eat breakfast: Adding proteins, complex carbohydrates, fiber-rich foods, and healthy fats can keep blood sugar balanced and prevent sugar cravings throughout the day.

Start small: If quitting cold turkey is too difficult, gradually reduce added sugar intake before cutting it out entirely.

Eat more healthy fats: Like those in nuts and fatty fish can help reduce cravings for sugary foods.

Add protein: Adding extra protein keeps you full and subsequently reduces food cravings.

Snack on fruit: Embracing natural sugars found in fruits like watermelon, berries, and bananas can help satisfy your sweet tooth. (with some limitations)

Hydrate: Dehydration can exacerbate sugar cravings.

Hidden Sugar Names:

corn sweetener, ethyl maltol, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose, corn syrup, invert sugar, lactose, maltose, malt syrup, raw sugar, sucrose, sugar syrup, florida crystals, cane sugar, crystalline fructose, evaporated cane juice, corn syrup solids, malt syrup, barley malt, agave nectar, rice syrup, caramel, panocha, muscovado, molasses, treacle, carob syrup.

Watch Out Foods:

Soft drinks/Adult Drinks: Whether it is a soda or alcoholic beverage drink - one alone can often contain your total daily intake of added sugar.

Fruit juices: Did you know fruit juices can have as much sugar as soft drinks? Make your own smoothies instead!

Candies, Sweets: Candies and sweets obviously offer no nutritional value.

Baked goods: Cookies, cakes, and pies are usually high in sugar and refined carbohydrates that make you crave them even more.

Fruits canned in syrup: Eat whole fruits and vegetables instead.

Low-fat, diet foods: These "low-fat" or "diet" foods make up the loss of fat with higher amounts of added sugar.

Coffee Creamers: These may help your coffee taste better but they are laden in added sugars.

Vegan milk substitutes and yogurts: These are be very high in added sugars. I recommend considering the unsweetened versions and added berries to the yogurt (if needed).

*reading labels are the keys, as sugar can be added to breads, salad dressings, ketchup, chips ect..

Consider Supplementing Nutrients:

Magnesium regulates glucose and insulin levels, as well as the neurotransmitter dopamine.

Zinc helps the body metabolize insulin and glucose. A deficiency can cause sugar cravings.

L-glutamine is an amino acid that balances blood sugar, which helps reduce and even stop cravings. You can take it with your meals or even take some the moment a sugar craving rears its head. A little bit on the tip of a spoon should do the trick and stop the craving in its tracks.

Chromium picolinate is a typical nutrient used in dietary supplements. It may help reduce hunger, cravings and binge eating.

Vitamin B complex helps metabolize carbohydrates. In other words, it improves the utilization of what carbs you do eat.

Resveratrol is found in red wine. It improves your body's ability to absorb glucose into muscle tissue. This helps store energy, which reduces the need, and therefore craving, for sugar.

Fish oil enhances insulin sensitivity. As such, it is good for appetite control and it also helps curb carb cravings.

Lipase often needs a top up in people whose blood sugar tends to fluctuate a lot. A deficiency may contribute to sugar cravings. It also helps break down and burn fat.

Lipoic acid helps stabilize blood sugar and speed up carbohydrate metabolism. It is usually an ingredient in antioxidant supplements.



What Food's Can I Eat?

1. You will be able to enjoy fresh meats such as, beef, pork chicken, turkey and fish.
2. Colorful vegetables are your go to food, and they combine well with the fresh meats and fish mentioned above.
3. Eggs make a great breakfast or snack.
4. Cheese in moderation, as long as it is not processed or any food allergy of sensitivity to it.
5. Avocado is delightful in many ways and can act as a great spread.
6. Go for the green beans and change it up with the yellow. Both are tasty.
7. Kale, spinach & brussel sprouts. Try dicing them fine and mixing them together.
8. Tomato. Remember there are many different types, so try them all and you won't be getting bored. There is about 2 grams of natural sugar in a half cup, so don't overdo them.
9. Cucumber is a great snack. Just wash and scrub your brush, then eat it with the rind on. You will get the fiber and other goodies with it.
10. Broccoli is amazing and if you eat it raw, the crunch is very satisfying.
11. Eggplant can be eaten in different ways. Try roasting it as a side dish to go with your skinless chicken breast.
12. Peppers can be used in salads, sliced and dipped in virgin olive oil for an after-dinner snack.
13. Berries can be very helpful with a sugar detox. Choose berries that are very low in sugar content, like strawberries. Other fruits: Depends on how strict on natural sugars you plan to be. Some are ok with ALL fruits in limited amounts and others like to restrict just to berries.
14. Bone broth or vegetable broth is a huge part of the sugar detox and even once you are done with the detox, keep going with the bone broth.

These are only suggestions. There are so many ways to incorporate fresh, nutrient dense foods to your everyday diet.

If at all possible, buy GMO-Free, Organic, Free Range, Wild Caught Fish whenever possible.

Careful with condiments - many have hidden sugars.

For beverages, go big with water or water with lemon.

Herb teas can be a great addition to your daily routine.

When shopping - have a list with you - this keeps you on track.

Do not go hungry and stay out of the snack and sweet isle.

[Consider our Reboot: 21 Days to Transformation. \(3 week\) Meal Plan and \(6\) educational modules to help jump start any health shift](http://www.nourish-functionalhealth.com)

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