

SUGAR CRAVINGS

...

How to make them stay away!



*Image shows
a Homemade
Sweet Potato
Brownie*

*Learn how to
make your
own healthy
sweets*

The Brain Games

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Are you finding yourself craving sugary sweets and treats throughout the day and building up some sort of anxiety around it as you then often end up indulging and straight away feeling guilty about it?

Long question ... I know ... as an answer I mostly get a rotund YES!

1. It happens to a majority of people and it is nothing to worry about, what you want to do is know how to manage your reactions to sweet cravings.
2. Set your goal ... is it to eat less sweets in general? Eat less processed sugary products? Portion control your craving indulgements?

Once your goal is set you will then be able to work on a strategy by having a plan, tips below.

- ☆ Know the ingredients and contents of the food you eat when those cravings come ... knowledge is power and you will understand how harmful and full of nasty things most of these products are.
- ☆ Make your own sweet treats at home and have them ready to go. Raw treats for time limited days and baked treats for weekends for example. This way you can control how much sweetness gets thrown in the making process and what all the ingredients are.
- ☆ Place your craving treats in a shelf surrounded by other more healthier options such as salted popcorn, dehydrated fruits, nuts and seeds, raisins, peanut butter, whole fruits ... This way your brain will have to check all options before choosing the chocolate bar and little by little it will become a re-training.
- ☆ Get enough natural sugars daily from whole fruits and vegetables. Most often we lack our daily servings hence inducing sugar cravings ... did you know carrots, corn, onions, beets, parsnips, sweet potato, red radishes, green cabbage ... all are sweet veggies!! Eat them up!!
- ☆ Drink plenty of water daily, this satiates you and reduces craving feelings, get a daily dose of movement so you do not feel tempted to eat badly.
- ☆ Most importantly! Life is all about BALANCE and indulging in pleasures every now and then is perfectly fine ... when you do so please DO NOT FEEL GUILTY! Enjoy that occasional sweet indulgement with pleasure and gratitude.

Turn your Good Habits into Routines

WITH THESE FIVE SIMPLE STEPS

You have a few healthy habits that make you feel great however you find yourself doing them on and off.
You do not seem to find the motivation to keep up with them and they slowly fade away until you somehow remember them and pick them back up.

Would you like to know how to ensure you keep those habits and how you can positively turn them in amazing routines?
Keep Reading ...

1

Start by choosing one **positive habit** that does not require much time or effort from your side.

For example:

- To drink water and lemon first thing every morning
- To walk outside for 15 minutes each day
- To include a 5 minute meditation in your day
- To have a smoothie for breakfast
- To drink more water

3

Set aside a time of the day for this and ensure you will be able to achieve it each and every day.

#challenge

Schedule it in your day, there is always time.

Tips: set alarms, reminders, use post it notes or involve friends and family so they can encourage and push you

5

Reward yourself after each 7 days in a row that you have accomplished to follow through with your new routine.

That reward can be anything of your choosing that makes you smile.

2

Establish how will this new routine will **benefit** you.

- Will it clear your mind, relax you, make you healthier, detoxify your system, hydrate you ... ??

4

Ensure it has a positive reward effect for you.

You do not want this new found habit to be negative, time consuming or an effort; instead you want to be doing it **with pleasure.**



**"If you always do what you
always did,
You will always get what
you always got."**

-Albert Einstein

Overnight Oats

RECIPE TIME

What are Overnight Oats?

Oats soaked in a milk of choice and mixed with delicious toppings that stay in the fridge overnight so you have a ready to go nutritious breakfast in the morning.

Why overnight oats?

If you are trying to incorporate healthier meals in your day, then breakfast is where you want to begin with. It sets the tone for the rest of the day and is an incredible power booster. Being able to open the fridge and take with you a jar of oats that are ready to eat at your convenience is priceless.



Recipe

Ingredients

Milk of choice - 125ml
Chia Seeds - 1 tablespoon
Maple Syrup - 1 tablespoon
Rolled Oats - 40g

Optional ingredients

Nut butter
Spices (cinnamon, cocoa powder, nutmeg)
Chocolate nibs
Nuts
Seeds

How to prepare them?

You will need a Jar with a lid
Mix all dry ingredients inside the jar
Add the liquid and stir well
Add any additional ingredients
Place the lid and store in the fridge

Stays good if refrigerated and covered, for 2-3 days

What else is cooking?

Follow my stories on instagram every friday for new and exciting recipes.