



Improve your relationship with sugar

Keep sugar cravings in check

Know the signs of sugar addiction

The American Heart Association recommends less than 6 teaspoons for women and 9 teaspoons for men (per day) - but many of us consume much more.

Common signs of sugar addiction include:

- + Using sugar to soothe
- + Going out of your way to get sugar
- + Feeling guilty about eating sugar
- + Knowing the potential consequences of eating sugar and doing it anyways
- + Craving sugar and eating more than planned

Understand the components of addiction

There are physiological components:

- + For someone who is biochemically sensitive to sugar, eating it makes them crave more and once they start eating - it may be hard to stop.
- + Sugar sensitivity may arise from low or volatile blood sugar, excess candida, a gut dysbiosis, hormonal imbalance or low neurotransmitters like dopamine or serotonin.

There are emotional components:

- + Some try to fill unmet emotional needs - such as needs for understanding, validation, love, empathy or compassion - with food, sugar or other substances.
- + In the absence of loving connections, it's all too common to seek out substitutes, like addictions.

Take action

Try these tips to help break your sugar addiction:

- + Get enough sleep.
- + Hydrate well with unsweetened beverages.
- + Incorporate natural sweet tasting foods into your diet such as berries, bananas, sweet potatoes or carrots.
- + Enhance food with spices like cinnamon, nutmeg, mint or ginger.
- + Seek support from family, friends, or a professional.
- + Create an environment that makes healthy foods available.
- + Identify your emotional triggers - positive and negative emotions can activate cravings.
- + Experiment with new ways to cope with uncomfortable emotions.
- + Include prebiotics and probiotics to support your gut microbiome. Prebiotics, a type of fiber that feeds your gut flora, can be found in plant foods such as asparagus, garlic, artichokes, onion, and leaks. Probiotics are live bacteria that support a healthy gut and are found in yogurt, kefir, tempeh, Kombucha, and sauerkraut.



Next steps

- + Read more from [Dr. Gabor Mate, Psych Alive, Empower Health](#)
- + Listen to the Providence Health Coaching podcast, [Healthy Bites](#)
- + Work with a [Providence Health Coach](#)
- + Contact us at 888-819-8999