How to Reduce Sugar Cravings

- Increase fiber intake
- Eat more protein
- Stay hydrated
- Pack in probiotics
- Up intake of healthy fats
- Satisfy sweet tooth without sugar

1. Increase Your Fiber Intake

Fiber moves through the body undigested, helping keep you feeling full and satisfied to kick sugar cravings to the curb. Not only that, but dietary fiber also helps keep blood sugar levels steady, preventing a drop in sugar levels and side-stepping some potential negative effects of sugar withdrawal.

A few healthy high-fiber foods include vegetables, nuts and seeds and legumes. Remember to drink more water if you’re upping your fiber intake to prevent unpleasant digestive side effects, such as constipation.

2. Eat More Protein

Protein is great for reducing hunger and sugar cravings. Not only does a high-protein diet cut levels of ghrelin, the hunger hormone, but it also helps maintain normal blood sugar levels to prevent several sugar withdrawal symptoms. (6, 7)

Good sources of protein include grass-fed beef, lentils, wild fish, black beans, organic chicken and eggs. You can also keep a few high-protein snacks on hand for when sugar cravings strike.

3. Stay Hydrated

How many times have you felt your stomach grumbling, only to drink a glass of water and have it disappear? Thirst is often confused with
hunger, and sometimes all it takes is drinking a bit of water and **staying hydrated** to squash cravings.

Next time you catch yourself eyeing a sugary candy bar or dessert, try drinking a glass of water, waiting half an hour and seeing if you’re actually hungry or just feeling thirsty.

4. Pack in Some Probiotics

Eating plenty of probiotic-rich foods helps increase the beneficial bacteria in your gut. Not only does this have far-reaching effects in terms of digestive health and immunity, but some research has even found that it could regulate blood sugar levels and reduce appetite. (8)

A few examples of nutritious **probiotic foods** include kombucha, kefir, tempeh, miso, kimchi and natto. Aim for a few servings per week to give your gut health a boost and minimize sugar cravings.

5. Up Your Intake of Heart-Healthy Fats

Fat, much like protein and fiber, can promote satiety while warding off sugar cravings. This is because fat is digested very slowly, so it keeps you feeling fuller for longer.

Of course, this doesn’t mean you should load up on the greasy burgers and fries in order to reduce your sugar cravings. Instead, opt for **healthy fats** from foods like avocados, nuts and seeds or coconut oil.

6. Satisfy Your Sweet Tooth Without Sugar

Just because you’re giving up extra sugar doesn’t mean you have to give up all things sweet forever. In fact, there are plenty of easy ways to satisfy your sweet tooth without piling on added sugar by the teaspoon. Fruit, for example, contains natural sugars, but it also contains loads of vitamins, minerals and fiber that make it a much healthier choice.

Additionally, **stevia** is a natural, no-calorie sweetener that can sweeten up foods without the negative health effects of sugar. Look
for green leaf stevia, the least processed form of stevia, to make sure you're getting the real deal.