



Healthy Alternatives for Sugar Cravings

We all know how hard it can be to resist a sweet craving, especially when you're tired or stressed. But too much sugar can leave you feeling sluggish and mess with your health in the long run. The good news? You don't have to give up sweetness entirely! With a few smart swaps and simple recipes, you can satisfy your cravings while staying on track with your health goals. Let's make healthy choices that feel fun and delicious!

Tips to Manage Sugar Cravings

Stay Hydrated

Sometimes, thirst can feel like hunger, and that's when cravings sneak up. Keep a water bottle or some herbal tea by your side to stay hydrated and help curb those sugar cravings.

Add Protein and Healthy Fats to Your Meals

Protein and healthy fats keep you feeling full and satisfied longer, which helps fight off sugar cravings. Try adding things like:

- **Greek yogurt** with a sprinkle of nuts
- **Avocado** in your salad or toast
- **Nut butters** on apple slices or in smoothies
- **Olive oil** in salads

Reach for Naturally Sweet Fruits

Go for fruits that give you that sweetness without the sugar rush. They'll fill you up and give you lasting energy, like:

- **Apples**
- **Pears**
- **Plums**
- **Peaches**
- **Berries** like strawberries and blueberries
- **Dry figs** – they're super sweet and packed with fiber!



Distract Yourself When Cravings Strike

Sometimes cravings come when you're bored or stressed. Instead of reaching for a sugary snack, try something else like:

- A quick walk around the block
- Do a quick stretching session
- Listen to music or a podcast
- Call or text a friend
- Reading a chapter of your favorite book

Get Enough Sleep

Lack of sleep can mess with your cravings. When you're well-rested, you're more likely to make healthier choices. Aim for 7-9 hours of good sleep and watch your cravings decrease.

Recipes to Curb Sugar Cravings

Chia Pudding with Berries(Serving Size: 150 g)

Ingredients:

- 2 tbsp chia seeds
- 1 cup milk
- 50 g mixed berries (like strawberries and blueberries)

Recipe:

Mix chia seeds and almond milk in a bowl, then refrigerate for at least 3-4 hours or overnight to thicken. Top with fresh berries before serving.

Date & Nut Bliss Balls (Serving Size: 1-2, 15 g each ball)

Ingredients:

- 1 cup dates
- 1/2 cup almonds
- 1 tbsp cocoa powder
- 1/4 cup shredded coconut

Recipe:

Blend dates, almonds, and cocoa powder in a food processor until sticky, then roll into small balls. Coat with shredded coconut and refrigerate for an hour.

Yogurt with Fruits(Serving Size: 150 g)

Ingredients:

- 100 g plain yogurt
- 25 g mixed berries (e.g., strawberries, blueberries)
- 25 g Banana

Recipe:

Take yogurt and top it with your choice of fruits like berries and bananas. Enjoy as a nutritious, sweet snack!

Dark Chocolate-Dipped Strawberries(Serving Size: 5)

Ingredients:

- 10 fresh strawberries
- 30 g dark chocolate

Recipe:

Melt dark chocolate, then dip each strawberry into the chocolate. Let them cool on parchment paper for 10 minutes.

Banana Oat Cookies(Serving Size: 1-2, 15 g each)

Ingredients:

- 1 ripe banana
- 1/2 cup Rolled oats
- 1/4 cup dark chocolate chips (optional)

Recipe:

Mash the ripe banana in a bowl until smooth. Stir in the roasted oats and chocolate chips (if using). Scoop spoonfuls of the mixture onto parchment paper or a plate. Refrigerate for at least 30 minutes to firm up.

Yogurt Fruit Drops (Serving Size: 6, 10 g each)

Ingredients:

- 1/2 cup plain Greek yogurt
- 1/4 cup mixed berries (strawberries, blueberries)

Recipe:

Mash the mixed berries in a bowl until soft and juicy. Mix the mashed berries into the Greek yogurt. Drop spoonfuls of the mixture onto a parchment-lined tray. Freeze for 2-3 hours, or until firm. Enjoy these sweet, fruity yogurt drops straight from the freezer!

Homemade Granola Bars (Serving Size: 30 g)

Ingredients:

- 1 cup Rolled oats
- 1/2 cup mixed nuts and seeds
- 1 tbsp honey
- 2 tbsp peanut butter

Recipe:

Roast nuts, seeds and oats. Mix in honey and peanut butter. Press the mixture firmly into a lined baking dish. Refrigerate for at least 2 hours or until the mixture firms up. Once set, cut into bars and store in the fridge.

Smoothie Bowl(Serving Size: 150 g)

Ingredients:

- 1 frozen banana
- 1/2 cup frozen berries
- 1/4 cup milk
- Toppings: nuts, seeds,

Recipe:

Blend the frozen banana, berries, and milk until thick and creamy. Pour into a bowl and top with your favorite toppings.

Frozen Yogurt Bark(Serving Size: 60 g)

Ingredients:

- 1 cup plain Greek yogurt
- Fresh fruit (berries, kiwi, etc.)
- A sprinkle of nuts or seeds

Recipe:

Spread Greek yogurt on a baking sheet, and top with chopped fresh fruit and nuts. Freeze for 2-3 hours, then break into pieces and enjoy.