



You can't escape sugar – but you can learn to use it wisely.

OUTSMART YOUR SWEET TOOTH

NOW THAT YOU'VE READ all about sugar addiction on page 42, we need to make one thing clear before you grab that garbage bag and start tossing everything in your pantry with “sugar” on the label:

while we advocate banishing as much of the sweet stuff from your diet as possible, it's unrealistic to think that you'll never again celebrate a birthday without a slice of cake, or savor a scoop of your favorite ice cream. The truth is, if you embrace the *WH&F* lifestyle with

squeaky-clean eats and regular sweat sessions, then you'll have a bit of wiggle room in your diet for a hint of sweetness.

For instance, fruit and even many of your favorite veggies (think carrots, beets and sweet potatoes) – are Mother Nature's candy, containing naturally

occurring sugars, plus a ton of nutrients for a healthy body. What's more, a little sugar can be the key to fueling an intense workout, and is a critical component of your post workout nutrition strategy. But what about those times when you want to have your cake and eat it,



What to do when a sugar Craving Hits?

Once you eliminate sugar and refined flours from your diet for at least two weeks, you should notice a huge reduction in cravings. However, it is only natural that we still get the occasional sweet craving – after all, we're only human! So when that sweet craving does come along, here are some tips that can help you get through it without guilt or bingeing.

1. Drink water and wait it out. Often times, dehydration can be mistaken for hunger and cause cravings.
2. Distract yourself. Go for a walk, call a friend, or read a book. Do something that will get your mind off of junk food and emotional eating.
3. Ask yourself if you are hungry and if so, eat a proper meal. When my kids get hungry, they become little candy scavengers and ask for sweet treats. It's always a sign that they are hungry.
4. Eat fresh fruits and berries. Fruits are full of sugar but they also have many beneficial nutrients making them a great substitute for the not-so healthy options you might be craving. Just keep in mind how many fruits you are eating and keep it to two-three servings per day.
5. Just have it! If you've adopted healthy eating habits as mentioned above and exercise regularly, then allowing yourself a sweet treat on occasion will not only satisfy your craving but keep you sane and happy.

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