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# How to Break Sugar Cravings

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Eating too much sugar regularly can cause an addiction.

A sugar craving is a compulsive need to consume sweet food. According to Nancy Appleton and G. N. Jacobs, authors of "Suicide by Sugar," your body will naturally have sugar cravings when your [blood sugar levels](#) drop. However, when sugar cravings begin to happen more frequently, it can interfere with your diet and lifestyle. By making small changes, you can curb sugar cravings and break your body's addiction.

## Instructions

Difficulty: Moderate

- 1 Eat a filling, healthy breakfast to start each day. When you wake in the morning, your body's [blood sugar](#) levels are low and you need to replenish its energy stores. According to Kathleen DesMaisons, author of "The Sugar Addict's Total Recovery Program," those who do not eat breakfast are far more likely to eat sugary [foods](#) when they begin to feel hungry mid-morning. Breakfasts high in fiber will keep you feeling full for longer and will keep your blood sugar levels higher, warding off sugar cravings. For example, steel-cut oatmeal or a vegetable omelet with whole grain bread will give your [body](#) enough fiber to fight sugar cravings.
- 2 Eat a piece of fruit when you experience a sudden sugar craving. Fruits are naturally sweet, containing healthy and unprocessed sugars. While you are still providing your body with sugar, this will wean you off the processed sugars found in candy and soda. Keep fresh fruit, or sugar-free canned fruit, around your home or place of work to snack on whenever a sugar craving strikes.
- 3 Keep your body full by drinking water throughout the day. Water will keep your body hydrated and keep your stomach feeling full, warding away sugar cravings. According to Jacob Teitelbaum M.D. and Chrystle Fiedler, authors of "Beat Sugar Addiction Now," you should drink at least eight 8 oz. glasses of water each day to keep your body hydrated and minimize sugar cravings. Keep a water bottle with you at all times to encourage regular water consumption.
- 4 Take a daily multivitamin to keep your body healthy. According to the American Council on [Exercise](#), a nutrient deficiency can cause increased sugar cravings. Multivitamins supply your body with the nutrients you might be missing from your daily diet. Not only will this help fight sugar cravings, but taking a multivitamin will improve your body's overall [health](#).

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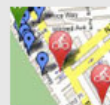
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## Tips & Warnings

⚡ According to the American Council on Exercise, snacks, even healthy ones such as fruit, should always be consumed in moderation.

## References

"Ace Personal Trainer Manual"; American Council on Exercise; 2003

"Beat Sugar Addiction Now!: The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great - and Losing Weight!"; Jacob Teitelbaum M.D. and Chrystle Fiedler; 2010

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