



# HEALTH AND WELLBEING CHECKLIST

Date 

42

## Overcoming Sugar Cravings

Reducing sugar cravings improves energy, mood, and long-term health. Use this checklist to manage and reduce your sweet tooth.

### Start Your Day with Protein

- Include a high-protein breakfast to stabilise blood sugar and reduce morning cravings.
- Example: Eggs with avocado or Greek Yoghurt topped with nuts and seeds.



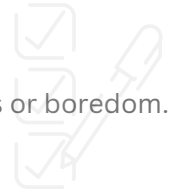
### Stay Hydrated

- Drink water regularly to prevent dehydration-induced cravings and support overall health.
- Tip: Add a slice of lemon or cucumber to your water for a refreshing twist.



### Identify Triggers

- Notice when cravings hit and what emotions or situations might cause them, like stress or boredom.
- Tip: Keep a journal to track patterns and discover alternative ways to manage triggers.



### Replace Sugary Snacks

- Choose whole food alternatives like fruit, nuts, or dark chocolate for a healthier option.
- Tip: Pair fruit with protein, like apple slices with almond butter, to stay satisfied longer.



### Eat Balanced Meals

- Combine protein, fibre, and healthy fats in every meal to maintain stable energy levels.
- Example: Grilled chicken with quinoa and steamed broccoli for a filling, balanced plate.



### Practice Mindful Eating

- Savor your food and eat slowly to reduce impulsive sugar consumption and increase satisfaction.
- Tip: Avoid eating in front of screens to stay present and enjoy each bite fully.





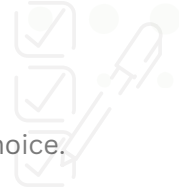
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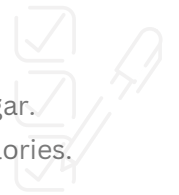
### Chew Sugar-Free Gum

- Use gum or mints to distract your taste buds and reduce the urge for sweets.
- Tip: Choose options with natural flavours and no artificial sweeteners for a healthier choice.



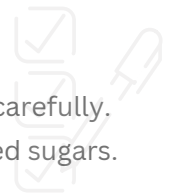
### Find Healthy Substitutes

- Use natural sweeteners like honey or maple syrup in moderation to replace refined sugar.
- Tip: Experiment with spices like cinnamon or vanilla to add sweetness without extra calories.



### Limit Processed Foods

- Avoid items with hidden sugars like condiments, bread, or dressings by reading labels carefully.
- Tip: Look for terms like "syrup," "glucose," or "fructose" on ingredient lists to spot added sugars.



### Plan Your Treats

- Allow small, planned indulgences to prevent overindulging later and maintain balance.
- Example: Enjoy a piece of dark chocolate after dinner to satisfy your sweet tooth mindfully.



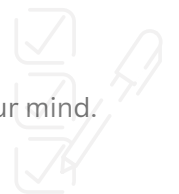
### Get Adequate Sleep

- Poor sleep increases sugar cravings due to hormonal imbalances that affect appetite.
- Tip: Aim for 7-9 hours of quality sleep and establish a calming bedtime routine.



### Distract Yourself

- Engage in activities like walking, reading, or crafting when cravings strike to refocus your mind.
- Tip: Keep a list of go-to distractions ready to use when you feel tempted by sugar.



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