



Ending Cravings – Alternatives

Carbohydrate Cravings:

Carbs are essential to the production of serotonin and serotonin is essential in keeping our moods regulated. However, instead of eating breads, cakes and biscuits, you could eat the following foods and still get a serotonin boost.

- Coriander
- Bananas
- Eggs
- Avocado
- Turkey

Aspartame depletes serotonin levels, so use artificial sweeteners sparingly.

Chew food slowly to trigger serotonin; take vitamins B6 and B Complex as they help make serotonin; don't eat junk food, white flour or sugars.

Sugar Cravings:

Refined sugar is not a food at all – it's a chemical. Sugar creates an acidic environment in your body which then has to create more fat cells to keep the acid away from your organs. Just think about what happens when you put a tooth in a glass of cola overnight (it rots away to nothing in a short period of time!). Eating the following foods will still give you a sweet boost, but are much better for you:

- Figs
- Dates
- Berries
- Other fruits (grapes, bananas, apples, etc)
- Soya yogurts and shakes
- Sugar free nut, hemp and seed bars

Almonds and pumpkin seeds are full of B vitamins and Zinc which is a benefit since low levels of zinc are linked to depression which can lead to comfort eating. Zinc supplements also keep you off sugary foods. Another way to balance your sugar levels is to eat half a teaspoon of cinnamon (you can add it to oats or soya milk) which will reduce the sugar levels in your blood.

Magnesium rich foods also lessen sugar cravings. These include:

- Apples
- Avocados
- Brazil nuts
- Almonds
- Celery
- Parsley
- Fish