



5 TIPS FOR DEALING WITH AFTERNOON SUGAR CRAVINGS



1. SAY YES TO BREAKFAST

Breakfast may not be the most important meal of the day, but there are so many great reasons to include it. Starting your day with a balanced meal gives your brain a sustained source of energy beyond caffeine. It can also prevent overeating at lunch, which will leave you feeling sluggish and searching for sweets by 2pm. Short on time in the morning? Oatmeal Cups can be stored in your desk, cook in less than a minute, and have 14 grams of satisfying protein while still tasting great. Add a drizzle of nut butter for more staying power.

2. INCLUDE FAT AND PROTEIN WITH SNACKS

Popular packaged snack foods like pretzels, crackers and chips are often high in simple carbohydrates and lacking in the other macronutrients. Choose a whole grain option and pair with a source of fat and/or protein to keep you feeling satisfied longer, which takes your mind off of that candy bowl in the break room.

3. GET ENOUGH SLEEP

The research is strong that insufficient sleep can result in hormonal changes that stimulate appetite and lead to a decrease in satiety post meals. If your current sleep routine could use some work, limit large meals, caffeine, alcohol and screen time in the evening. Bonus: you'll likely notice an increase in energy levels throughout the day.



4. DITCH THE DIET MENTALITY

Did your coworker invite you to do another post-holiday sugar cleanse? You might want to think twice about this one. It seems counterintuitive, but viewing sugar as the "bad guy" and vowing to completely cut it out often backfires leading to binges later. As an alternative, learn to include treats in a normal, healthy way. Step 1: try to eat more mindfully and take the time to really savor your favorites.



5. FIND NUTRITIOUS WAYS TO SATISFY A SWEET TOOTH.

Sometimes a warm chocolate chip cookie is the only thing that will do. Other times, a more wholesome option might be just as satisfying. In these cases, it's great to have some more balanced, nutrient-dense choices available. Try these Chocolate Chip Blondies for a sweet treat that also packs 8 grams of protein per serving.

References Taheri S, Lin L, Austin D, Young T and Mignot E. Short Sleep Duration Is Associated with Reduced Leptin, Elevated Ghrelin, and Increased Body Mass Index. PLoS Med. 2004;1(3):e62. Dashti HS, Scheer FAJL, Jacques PF, Lamon-Fava S, and Ordovás JM. Short Sleep Duration and Dietary Intake: Epidemiologic Evidence, Mechanisms, and Health Implications. Adv Nutr. 2016; 6(6): 648–659. National Sleep Foundation. <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>