



## **SWEET TOOTH THERAPY**

Curbing Cravings and Finding Sweet Solutions

### **WHAT DO YOU CRAVE?**

#### **ASSOCIATIONS WITH SWEET/SUGAR**

- Treat? Reward ?
- Temptation? "Bad"?
- Comfort? Guilt?



Sugar is simply the simple carbohydrate we know and love that is produced naturally in all plants, including fruits, vegetables and even nuts.

#### **REASONS FOR SUGAR CRAVINGS**

- Emotions; Stress; lack of sleep
- Associations
- Timing of meals
- Unbalanced Meals
- Lack of variety in meals
- Dehydration
- Rarely a "Lack of will power"



**It's also normal to crave sweetness!**

## **CONNECT WITH MARY**

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### **BALANCED MEALS = REDUCED CRAVINGS**

ALTERNATIVES: New Flavors are KEY! Stimulate your taste buds!

- Fruit
  - Fresh; Dried; Baked
  - Smoothies
- Sweet Veggies
  - Sweet Potatoes, Squash, Beets, Carrots
- Coconut
  - Oil, Milk, Shreds
- Spices; Herbs
  - Cinnamon, Cardamom, vanilla, almond extract,
  - mint, basil, cilantro, peppers!
- Teas
  - Yogi Spice, Hazelnut, Vanilla, licorice
- Roasted Nuts/Seeds at 200 degrees for 20 minutes
- Oils
  - Sesame, walnut,
- Cocoa powder
- Maca Root Powder
- Zests: orange, lemon, lime



### **NATURAL SWEETENERS:**

Maple syrup, Honey, Molasses : Replace sugar in baking!

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### **STRATEGIES AND EXPLORATION**

1. EAT MINDFULLY
2. EAT SWEETS EARLIER IN THE DAY
3. PAIR WITH FAT AND PROTEIN
4. EXPLORE AND BE CURIOUS
5. STAY KIND AND NEUTRAL

### **DESSERT; SWEET TREAT IDEAS**

6. BARS: COMBINE NUTS/SEEDS/ + DRIED FRUIT + SWEETENER + SPICE +SALT
7. RICE PUDDING WITH BROWN RICE, ALMOND BUTTER, MAPLE SYRUP, VANILLA, COCONUT
8. FRUIT CRISPS SWEETENED WITH HONEY ETC; NUTS, OATS AND COCONUT AS TOPPING
9. GET QUALITY SWEETS; FORTIFY WITH NUTRIENTS IF YOU DO CONSUME A LOT OF SWEETS

**OTHER FACTORS: SLEEP, CAFFEINE, STRESS, MINDFUL EATING**

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