



## SWEET TOOTH THERAPY

### CURBING CRAVINGS AND FINDING SWEET SOLUTIONS

## REASONS FOR SUGAR CRAVINGS

- Emotions & Stress & lack of sleep
- Associations
- Timing of meals / Unbalanced Meals / Lack of variety in meals
- Dehydration
- Rarely due to a “Lack of willpower”
- It’s also normal to crave sweetness!



## HELPFUL STRATEGIES

- **Explore and be curious about your cravings with a sense of kindness & no judgment**
- **Experiment with more balanced meals**
  - Protein is especially important in the morning
  - Pair sweets or carbs with fat and protein
- **Increase naturally “sweet” foods**
  - Fruits (fresh, dried, baked)
  - Sweet Veggies (sweet potatoes, squash, beets, carrots)
  - Coconut (shredded, cooking with oil/milk)
- **Try new flavors**
  - Spices & Herbs: cinnamon, vanilla, mint
  - Try Flavorful Teas: Yogi Spice, Licorice
  - Roast Nuts/Seeds: 200 F for 20 minutes
  - Cook with flavorful oils: Sesame/Walnut
  - Cook with Cocoa powder, Maca Root Powder, Zests
- **Try more NATURAL SWEETENERS**
  - Maple syrup, Honey, Molasses
- **Eat mindfully**
- **Eat sweets earlier in the day**
- **Get high-quality treats**

## DESSERT & SWEET TREAT IDEAS

- **Fruit and Nut Bars:** Combine nuts/seeds + dried fruit + sweetener + spice + salt
- **Warm Rice Pudding** with brown rice, almond butter, maple syrup, vanilla, coconut
- **Fruit Crisps** sweetened with honey, maple syrup + nuts, oats and coconut as topping

### CONNECT WITH MARY

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### PODCAST HOST

- The Nutrition Show
- The Good Clean Nutrition Podcast

### BOOK AUTHOR

- The Microbiome Diet Reset
- Serving The Broccoli Gods: True Tales and Tips from a Nutritionist on a Quest