Stop Your Sugar Cravings

50 simple tricks to stop sugar cravings in their tracks

Print out this list and keep it with you. Tick the strategies you've tried and highlight the ones that worked well for you, to create your own personalised sugar cravings "hit list".

Eat something else

- ☐ 1. Eat a healthy meal
- ☐ 2. Eat some nuts and seeds
- ☐ 3. Eat some green beans
- ☐ 4. Chew some gum

Drink something

- ☐ 5. Drink lots of water
- ☐ 6. Drink herbal tea

Trick your tastebuds

- ☐ 7. Eat sweet vegetables
- ☐ 8. Chew your food
- ☐ 9. Eat something with vanilla
- ☐ 10. Eat something with cinnamon
- ☐ 11. Brush your teeth

Satisfy your sweet tooth

- ☐ 12. Eat some fruit
- ☐ 13. Grab a green smoothie
- ☐ 14. Use stevia
- ☐ 15. Eat some dark chocolate
- ☐ 16. Mix nut butter and dark chocolate
- ☐ 17. Eat a treat "taste-alike"
- ☐ 18. Make it healthier

Give in a little

- ☐ 19. Have a small treat
- ☐ 20. Dilute the sweetness
- ☐ 21. Mix it with something else

Eat it anyway

- ☐ 22. Switch hands
- ☐ 23. Choose quality over quantity
- ☐ 24. Take it slow
- ☐ 25. Enjoy every bite

Move your body

- ☐ 26. Go for a walk
- ☐ 27. Go for a run
- ☐ 28. Go to an exercise class

Distract yourself

- ☐ 29. Use a stopwatch
- ☐ 30. Take a hot shower
- ☐ 31. Read a book
- ☐ 32. Take a nap
- ☐ 33. Get outside
- ☐ 34. Go for a drive
- ☐ 35. Go to the library
- ☐ 36. Meet up with friends

Stay focused

- ☐ 37. Remind yourself of your "why"
- ☐ 38. Use your imagination
- ☐ 39. Focus on what you can have
- ☐ 40. Reward yourself
- ☐ 41. Remember your strategies
- ☐ 42. Get support

Deal with the feelings

- ☐ 43. Question the habit
- ☐ 44. Do something fun
- ☐ 45. Breathe
- ☐ 46. Remove the stress
- ☐ 47. Meditate
- ☐ 48. Write in a journal
- ☐ 49. Listen to your body
- ☐ 50. Use EFT

Bonus tips

- ☐ 51. Sip on sparkling water
- ☐ 52. Eat coconut oil or avocado
- ☐ 53. Eat spicy or strong-tasting food
- ☐ 54. Take some chlorella tablets

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