

# Don't Let Your Sweet Tooth Manage You!

## 9 Yummy Ways to Be the Boss.

Sugar addicts come in all shapes and sizes; Yogis, vegans, paleos, athletes, heavy, and slender.

As a sugar addict I thought that giving up sugar was all about willpower, but stress levels, habit, and diet all make this difficult. However, by shifting the focus to what I could add to my diet-rather than focusing on what was taken away- my sweet tooth is easier to manage. Here are nine items to consider:

1. **Avocados-** These fatty little fruits are a great addition to the diet. Add them to smoothies for a creamy concoction with serious staying power. Or, salt half an avocado and add salsa for a delicious afternoon snack to help you power through.
2. **Bananas-**Most fruit is considered nature's candy, starchy bananas are great to have in your kitchen. Use them to naturally sweeten smoothies -greenish are great for that, not to eat alone though!
3. **Coconut oil-**As you reduce or cut down on sugar, try bringing out flavor in your food with a little healthy fat. Coconut oil has a slightly sweet taste and medium-chain triglycerides, which are thought to provide the body with energy. Blend some coconut oil with coffee for a rich-tasting energy boost.
4. **Dates-**Keep a few dates in your desk at work and get ready to slay that 3PM candy craving. I recommend dates over most dried fruits because they're intensely sweet and rich. Ground dates can replace sugar in baked goods.
5. **Epsom Salt-**Feeling stressed? Don't reach for a treat, draw up a bath with Epsom salts. The time out allows you to process feelings and relax. Your body will absorb some of the magnesium, a powerful relaxation mineral, and sulfur in the salts.
6. **Herbal tea-**Keep some strongly flavored teas like ginger or peppermint, or naturally sweet-licorice, in your drawer at work for a sugar-free pick-me-up. If your sugar cravings are brought on by stress or poor sleep, choose a tea blend that will help you relax and wind down before bed.
7. **Leafy greens-** In traditional Chinese medicine, leafy green are thought to lighten up the spirit. If you eat sugar when you're feeling stressed, experiment with adding more leafy greens like Swiss chard, kale, mustard greens, beet greens, spinach, and collards to your diet.
8. **Sauerkraut-**Bad gut bacteria love sugar and could be driving your cravings. Fermented vegetables, like sauerkraut and kimchee, help bring the gut microbiome into balance by introducing probiotics-the good bacteria. Buy sauerkraut or kimchee in the refrigerated section (not canned) for the most beneficial bacteria.
9. **Sweet potatoes-**A sweet and starch root vegetable snack when you're craving a sugary treat. Top a roasted sweet potato with coconut oil and a little cinnamon.