

MY FAVORITE TRICKS FOR CUTTING OUT SUGAR

11 FOOL PROOF STEPS TO FREEDOM



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IT'S YOUR LIFE.

Cutting out sugar can have a huge impact on your life in many ways - it can help you create and maintain a healthy weight, it can help to regulate your moods and emotions, it can help you reduce your risk of many different lifestyle diseases, it can help reduce your addiction to food and ultimately gain greater control and confidence in your life.

Here is a step by step plan to cut sugar from your life. Whether it be for a short defined challenge, or as a new way of life, these tips will help you get your sugar cravings under control.



STEP ONE: GET IN TOUCH WITH YOUR WHY -

What motivates you to cut out sugar? What do you think it is going to give you? Why are you choosing to do this? - Do you or your family have a history of diabetes or other lifestyle diseases? Do you struggle to maintain a healthy weight? Do you have low energy levels? Do you feel like you are not in control of your food cravings and eating habits? Does stress and cravings dictate your food choices?

TAKE ACTION: Get very clear on what your motivation is - and write it down!!



STEP TWO: GET REAL

What are your symptoms, struggles, concerns, and health issues? Do you struggle with achy hands or joints? -afternoon dip? -trouble sleeping? -weight issues? -moodiness? -acne? -headaches? -low self esteem? Often times as we heal and improve, we forget where we are coming from. We forget the small annoying aches and pains, frequent headaches, acne, bloating, energy dips, etc and adjust quickly to the new, healthier norm. Keeping track of your starting point will give you a clearer picture of how far you have come - and keep you motivated when the cravings get real and things get tough!

TAKE ACTION: Make a list of all of your concerns.



STEP THREE: MEASURE

If you are cutting out sugar to impact your weight, start by weighing and measuring yourself. Personally, I prefer measuring because it gives you a better and realistic picture than just weight. A scale can be deceiving and demotivating and does not take into consideration your body composition! Next, take before pictures. No one but you has to see them, but as your body changes, you very well may want to share the visible progress! This information shows your point A.

TAKE ACTION: Weigh, Measure, Photograph.



STEP FOUR: SET YOUR TARGET

Clearly define what you want to achieve, how you want to feel, look, and be. Do you want to cut sugar out as a temporary challenge, or something longer term? Write this down.

Remember that life is not static - our goals will change and evolve over time. It's important to have a direction to guide our actions.

TAKE ACTION: Write down how you will act, look and feel when you've met your goal.



STEP FIVE: TRACK YOUR PROGRESS

Keep a food journal - track what you eat and how you feel. Create awareness of your habits and triggers! Start 3-5 days before you choose to cut out sugar and track everything you put in your mouth - yes, drinks count too! Don't change anything! Give yourself an honest view of your eating habits. Get to know your triggers. This knowledge will help you get honest with yourself and set you up for success.

TAKE ACTION: Decide now what you will use for a food journal.



STEP SIX: GET A PARTNER

Get an accountability buddy or buddies - ask your best friend, partner, kids, or coworker to join you in a cut the sugar challenge. Better yet, ask them all! Group pressure and accountability can be used for good in this case. The more people you have engaged and are committed to, the easier it will be to stick to it! If you can, get everyone in your environment on board to help support you in your challenge. Kids can have a lot of fun with this when you make it a game, and ask for their help and support.

TAKE ACTION: Make a list of who you can ask.
Then ask!



STEP SEVEN: LOUD AND PROUD

Share your goal and commitment with your community - make it public. Ask your friends and family for their support. This can look like choosing not to make you treats or buy you treats you cannot eat. Our loved ones can want to spoil us and show their love through gifts of treats, making it hard to say no and stick to your goal!

TAKE ACTION: Make a list of who you can tell.
Then do it!



STEP EIGHT: STAY VIGILANT

Be aware of trigger moments, environments, situations that can lead to increased cravings - and minimize or plan ahead for it. For example, if you know that you will be attending a work party and there will be a lot of sugary foods available, eat a good, filling healthy meal ahead of time so you aren't hungry, and bring your own healthy alternatives.

TAKE ACTION: Make a list of dangerous situations and your plan of action to prevent sugar attacks.



STEP NINE: MAKE YOUR HOME SAFE

Don't have the temptation in house!! Do not have junk food in your house. Especially trigger foods - for me it's chocolate!! If it isn't available immediately or in your face, you will have a better chance of not accidentally indulging, or becoming overwhelmed with temptation. Set yourself up for success! Those with the most willpower are not those that resist temptation, they are those that set themselves up for success by limiting their triggers and minimizing temptation. Clean out your fridge and pantry before you start. Throw away - do not binge on - sugar laden food items.

TAKE ACTION: Make a list of what you need to throw or give away. Then do it!



STEP TEN: GET GOOD OPTIONS

Plan ahead! Do a grocery shopping trip, filling your home with delicious, attractive, healthy options. Find healthy alternatives to your favorite foods and sauces. Having an abundance of healthy, yummy sounding and looking food available will help when cravings arrive. Read labels! Sugar is in everything! Become aware of all the places sugar is added - and all the many, many names used to hide it! Some foods that contain sugar: condiments, pasta sauces, dressings, breads, many/most processed foods, prepared meals... Read the label!

Use real fruit to combat sugar cravings and naturally sweet vegetables - such as carrots, sweet potatoes, berries

Do not replace sugar with 'sugar-free' processed foods or artificial sweeteners. These sweeteners will perpetuate the craving for sugar and the cycle and cause harm to your body and brain.



STEP TEN: CONTINUED

Do not allow yourself to get too hungry - our will power and decision making capabilities decline the hungrier we get.

A few healthy snack ideas are: handful of nuts (not the sugar coated or flavored kind!), apple, carrot or celery sticks, slices of veggies with hummus, unsweetened nut butter with celery or apple slices, bell pepper slices, fresh fruit.

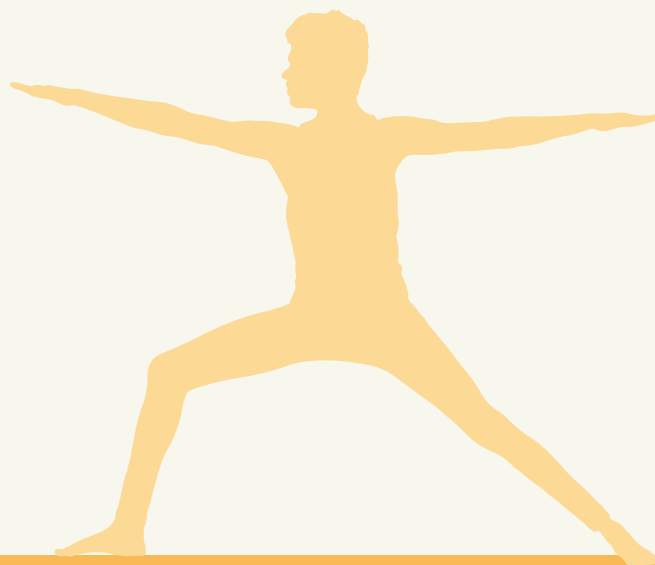
TAKE ACTION: Make a list of your favorite treats and do some research to find alternatives. List them here and order/shop for them!



STEP ELEVEN: HYDRATION

Make sure you drink enough water!! Often times when we are overcome with cravings, or hunger, our body is actually thirsty! Having a full glass of water can help significantly reduce or even get rid of the cravings, and have the added benefit of adequate hydration.

TAKE ACTION: What are you going to use for a water bottle? Go find it and fill it up.



FINAL THOUGHTS

When it gets challenging and you find yourself in situations where your resolve is questioned, or you feel limited and resentful, remember your why! Remember your commitment to yourself and that this is your choice! Be aware of the language you use! Are you saying things like 'I can't have that'? Think to change it to 'I choose not to have that at this time'. There is no scarcity and this is your choice.

I hope that this plan and tips help you in your process! If you have any questions or would like some guidance in implementing this in your life, let me know! I would love to hear about your journey, your challenges, and your successes!!

Good luck!!

Love,
Coach Courtney

