

# ***Top 10 Tips for Beating Sugar Addiction***

1. Do not bring sugary items into the house
2. Read all ingredients for hidden sugar listings such as Dextrose, high fructose corn syrup, corn syrup, glucose, fructose or levulose, brown sugar, and raw sugar.
3. Take measures to reduce stress. Stress causes us to crave sweets.
4. Evaluate the amount of meat you consume; is it too much or too little?
5. Replace sugar sweetened items with natural sweeteners.
6. Eat more sweet vegetables such as beets, parsnips, and sweet potatoes.
7. Drink plenty of water.
8. Exercise frequently.
9. Get emotional support.
10. Eat more leafy greens.