

How to ditch a sweet tooth?

6 WAYS TO CUT DOWN ON SUGAR CRAVINGS.

RestoreResilience is a mobile app that pairs you with a health coach and a personalized program for a healthier mind and healthier body.



01

Drink a glass of water.

Dehydration can cause cravings and low energy levels. It is often confused as hunger.

02

Eat more protein.

Lean protein is great for satiety as it fills you up on healthy alternatives to sugars.

03

Choose an alternative to processed sugar.

Skip the pastries, cookies, and cake. Eat a piece of whole fruit, drizzle raw honey on Greek yogurt, or choose a small piece of dark chocolate.

04

Eat sugar in moderation.

Shrink your portion size. Smaller amounts can satisfy your craving without needing to eat larger portions. Try a half of a brownie or a small bite of cake instead of a full portion.

05

Assess your reason for craving.

Are you stressed? Did you get enough sleep? Stress hormones increase your desire to eat and decrease your ability to say “no.”

06

Find an accountability partner.

With triggers all around us, the easiest way to defend yourself is to ask for help. RestoreResilience coaches provide accountability and guide you into healthier choices. Sign up today!

Join for FREE today!
restorerresilience.com/thestandard

Use Group ID “thestandardresilience” during enrollment

