



5 Strategies to Help People with Type 2 Diabetes Conquer Carb Cravings

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LET ME INTRODUCE MYSELF



"I've lost over 60 pounds, learned to change my eating habits and embrace the new outlook Karen's program instilled in me. "

-Jane

I'm Karen, Registered Dietitian, Diabetes Care & Education Specialist, wife, mom, grandmother and a person fighting Type 2 Diabetes.

My mission is to help people design a healthy eating plan to prevent, reverse and manage type 2 diabetes, **WITHOUT** giving up their favorite foods!

My passion for helping others with diabetes stems from my dad and other family members' experience with diabetes, plus my own gestational diabetes over 25 years ago. and now prediabetes. I am in my 50's and have struggled with carb cravings just like you! I try to eat healthy, exercise and manage weight in order to keep my blood sugars as close to normal as I can, but it is not easy.

That's why I created *Path to Diabetes Food Freedom*, a step-by-step process where each person can create an eating plan that they are happy with AND helps them get better blood sugars.

LET'S GET STARTED!

In this guide, I want to share some insight and strategies to help you reduce your carb cravings so you can reach your health goals.



Please remember:

The information provided in this content is designed to provide helpful information on the subjects discussed. The content is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation to any person reading or following the information in this content. Readers should be aware that the content may change.

Can you relate to any or all of the comments below?



- Carb cravings make me eat too much.
- I want to lose weight, but carb cravings keep getting in the way.
- When I try to diet, the cravings just get worse.
- I try to avoid the sweets and snack foods but eventually I give up and binge.
- I feel like a failure because I know what to eat but I feel like I have no willpower.
- I feel bloated and often have no energy.
- I know I am a stress eater.
- Diabetes scares me and I really need to get this under control.





WHAT TRIGGERS CARB CRAVINGS?

Eating or drinking processed sugars and starch can create craving for more of the same foods.

Alcohol tends to stimulate appetite for carb foods.

Hormone changes such as during menopause

High blood sugars can cause hunger and cravings.

When we eat carbs in response to emotions such as boredom, anger, sadness, guilt, or anxiety - our brain releases serotonin & dopamine - which improves our mood.

Some medications, such as steroids or depression medications can trigger cravings.

Try keeping a journal to figure out your triggers.

What type of foods are you craving?

What time of day do you get cravings?

Where do your cravings happen?



5 STRATEGIES TO PREVENT & MANAGE CARB CRAVINGS

Strategy #1: Eat Enough Protein

Eating protein with most meals and even some snacks does help prevent hunger and cravings. You can include eggs, peanut butter, cheese, meat, fish, Greek yogurt, protein bars or protein shakes in any meal or snack. Just try getting some sort of protein at most meals and see if that helps. Protein at breakfast especially, can do a lot to help reduce hunger and cravings.



Strategy #2: Think About Meal Timing

If we go too long without eating anything, we tend to get overly hungry and eat too much when we finally do take time to eat. Often that extreme hunger includes hunger for carb foods. Listen to the signals your body gives for hunger. It could be stomach growling, nausea, or tiredness. Over time you will learn to respond to hunger before it becomes an extreme craving.

Strategy #3: Plan for Snacks

Some people need to eat more often to keep their energy level adequate for their activity. Also, if you are cutting down on portions, you may need to include small snacks to avoid extreme hunger before the next meal. The key is to have healthy snacks that you like on hand so that you don't need to grab for chips or cookies or candy very often. Try some of the ideas on the list.

Snack Ideas List

Apple slices dipped in yogurt

Yogurt with Grapenuts

Dark chocolate chips

Fairlife chocolate milk

Celery with cream cheese or peanut butter

Carrots and dip

Nuts

Popcorn popped in healthy oils such as coconut oil

Cheese n crackers

Jicama or bell pepper strips with guacamole dip

Protein bar or shake

Hard-boiled egg

Cherry tomatoes

String cheese

Fresh fruit such as berries, orange or banana



Strategy #4: Be Aware of Emotional Eating

Pay attention to your emotions or mood and if you are eating in response to stress or boredom, try these strategies:

Try an alternate activity that makes you feel good such as walking or other exercise or keeping busy with a hobby or project. Practice finding activities you enjoy so much that you don't even think about food.

Keep your problem foods out of the house. If there are foods you can't portion control, then don't tempt yourself. Make it more difficult to get those foods. Maybe you have to make cookies if the craving is that strong. Or maybe you go out for ice cream occasionally instead of keeping it in the house.

Sometimes you just need to give in to the craving. But try to start with a reasonable portion. Cravings for a specific food can be very powerful and if you fight it too much you might eat extra calories in other foods and still end up bingeing on the food you really want.





Strategy #5: Avoid diet and deprivation

Restricting carbs too much is usually not something most can do for too long. Strict diets can lead to feeling deprived and strong cravings. Then when you give into the craving you feel guilty, and it becomes a cycle of more deprivation - more cravings - more binging - and more guilt.

Remember . . .

Carbohydrates are not evil. They are the foods our body needs for energy. The question we all have to figure out is what kind, how much and when to eat carbohydrates.

I hope that this guide has been helpful for you!
To get more ideas I invite you to join my Facebook group
Reversing Type 2 Diabetes for Women 40+

Karen