

## Pearson & Weary Pain Relief Clinics

### SUGAR CRAVINGS. . .

What can I eat when I have a sugar urge? This sheet will give you some examples of snacking alternatives, that actually taste good!

It is important to remember that you will never feel satisfied with eating just sugar, but you can be satisfied with consuming fats and protein. Many times reaching for fats and protein first, will control you urge to simply eat sugary foods. Have you ever eaten just one Oreo?

#### Suggestions:

Each of these snacks has 9 grams or less of sugar and 20 or less grams of carbs. You will note, they all have fat and protein.

3 Tablespoons of hummus and a red pepper sliced  
Calories: 121  
Fat: 4 grams Carbs: 4 grams  
Sugars: 1 gram Protein: 5 grams

1 hard boiled egg (sliced) and served with 3 slices of avocado and Sriracha sauce or Tobasco  
Calories: 150 calories  
Fat: 7 grams Carbs: 4 grams  
Sugar: 1 gram Protein: 4 grams

1/2 cup of boiled (shelled) organic edamame ( soy beans) with sea salt  
Calories: 120 calories  
Fat: 4 grams Carbs: 4 grams  
Sugar: 5 gram Protein: 10 grams

3 steamed asparagus spears, each wrapped in a piece of sliced turkey breast and dipped in mustard  
Calories: 100 calories  
Fat: 2 grams Carbs: 4 grams  
Sugar: 2 gram Protein: 7 grams

8 cherry tomatoes and 1.5 oz. of feta cheese  
Calories: 134 calories  
Fat: 6 grams Carbs: 6 grams  
Sugar: 5 gram Protein: 6 grams

2 cups of air-popped popcorn sprinkled with 1 Tablespoon of grated Parmesan cheese or nutritional yeast with ample dab of butter

Calories: 84 calories  
Fat: 4 grams Carbs: 12 grams  
Sugar: 0 gram Protein: 4 grams

10 baby carrots and 1 Tablespoon of almond butter

Calories: 136 calories  
Fat: 9 grams Carbs: 11 grams  
Sugar: 6 gram Protein: 3 grams

1 slice of raw milk cheese and 1/2 sliced pear

Calories: 133 calories  
Fat: 6 grams Carbs: 14 grams  
Sugar: 8 gram Protein: 8 grams

1/2 sliced apple and 1 Tablespoon of almond butter

Calories: 130 calories  
Fat: 8 grams Carbs: 13 grams  
Sugar: 8 gram Protein: 4 grams

Sweet potato fries - made from approximately half of one sweet potato, baked with sea salt.

Calories: 174 calories  
Fat: 9 grams Carbs: 20 grams  
Sugar: 6 gram Protein: 3 grams

4 Tablespoons of guacamole and 5 celery sticks and 5 baby carrots

Calories: 105 calories  
Fat: 5 grams Carbs: 14 grams  
Sugar: 7 gram Protein: 3 grams

TIP: Go to the grocery store once a week and have these food items available, along with an easy way to carry it to work; plastic bags or plastic containers.

#### Resources:

<http://www.livestrong.com/blog/15-easy-low-sugar-snacks/> with editing by Real Workplace Wellness Clean : Book — Dr. Junger (great recipes of smoothies with fruits and vegetables)