



HOW TO KICK YOUR SUGAR ADDICTION



Our guide, tips and tricks for cutting out processed sugar.

LOYOBCFIT

UNDERSTANDING INGREDIENTS: NATURAL VS. ARTIFICIAL SUGARS!

Make sure you are reading ingredient labels.

A lot more foods have added sugar than you realize. It is often hidden on an ingredient label using the scientific or uncommon name. Make sure you are reading all your labels and trying to avoid any sources of added sugar, especially in processed or prepackaged foods.

Natural sugars can be a healthy part of any diet when consumed in moderation, while artificial sugars should be avoided. If you are attempting to do a cleanse to kick your addiction, try to cut out all refined or artificial sugars for a 14 - 30 day period!

Natural Sugars

- Honey
- Maple syrup
- Agave
- Stevia
- Fruit
- Cane Sugar
- Coconut sugar

Artificial Sugars

- White sugar
- Brown sugar
- Sugar replacements
(Splenda, Sweet n Low, etc)
- Aspartame
- The “-ose” family (dextrose, maltose, glucose, fructose)
- Corn syrup
- Brown rice syrup

Natural vs. Artificial Sugars: What is the difference?

Natural sugars are well, natural! Artificial sugars are chemical compounds (synthetic, man-made) or natural sugars which are processed, refined, combined or altered away from their natural form.

The main difference is how your body digests and breaks down the sugar. Natural sugars contain a number of other nutrients, fibre, antioxidants, or vitamins which slows down the digestion process.

Natural sugars are also usually lower on the glycemic index, which means they don't cause a blood sugar spike when eaten. This can help to reduce inflammation, stabilize your mood, and balance hormones.

Of course, there are always exceptions to the rule such as fruit juice, which is very high in sugar and can cause a spike. So, even with natural sugars, it is important to consume in moderation!

THE BENEFITS OF REDUCING SUGAR IN YOUR DIET

Here is what can happen when you cut the sugar and add in more plant-based whole foods:

- Increased energy, reduced reliance on external energy boosts
- Clearer skin
- Balancing your hormones & mood swings (goodbye irritability!)
- Reduced PMS symptoms
- Improved digestion & less bloating
- Reduced inflammation & relief from symptoms caused by chronic conditions (e.g., arthritis, IBS, asthma, multiple sclerosis)
- Improved sex drive 🍷
- Feeling connected to & more in control of your body
- Weight loss, change in taste & appetite (enjoy the taste of real food!)

Reducing your sugar intake can reduce your risk of:

- Obesity and metabolic syndrome
- Heart disease
- Type 2 diabetes
- High blood pressure & cholesterol
- Chronic inflammation
- Non-alcoholic fatty liver disease
- Dental plaque and cavities



10 TIPS TO HELP CURB YOUR CRAVINGS!

The process of cutting out sugar from your diet can be uncomfortable and the initial symptoms from withdrawal can be unpleasant, but like most things in life that are challenging - the end results are worth it!

Follow these tips to help make the process easier and set yourself up for success.

1. Don't rely on will power alone to get you through your cravings!

Plan ahead and have alternative “treats” on hand, so when your craving hits you have something to grab.

Some of our favourite alternative treats include: fresh or frozen fruit, no sugar added energy bars and bites, fresh squeezed fruit juice, “nice” cream made with fruits, dates!

We have included 6 recipes in this guide to help get you started.



2. Remove sugar from the house!

Do a cupboard cleanse and make sure high sugar foods are not easily available to you. Again - don't rely on willpower alone. Put barriers that make obtaining those foods a little bit harder that provides you with a buffer to stop you from giving in to temptation.

3. Don't do your grocery shopping when you are hungry.

When we are hungry, our body will start to crave sugar for an immediate fix which can quickly spiral when you have an entire aisle of sugary foods in front of you! Plan ahead and make a list so that you aren't tempted to get foods that you don't need.

4. Make sure you are drinking lots of water.

When you are dehydrated, the body can also start to crave sugar. A simple way to reduce cravings is to hit that H2O!



5. When you feel yourself craving something specific, remember that your body can't actually crave brand names or super specific foods.

Your mind knows what an oreo is, your body doesn't. It can help to understand that many of your cravings are mental and NOT physical. The only thing that your body can crave is glucose (sugar) and it doesn't care what form it comes in. This means that you can provide what it needs in other ways. YOU HAVE THE POWER!

10 TIPS TO HELP CURB YOUR CRAVINGS!

6. Be kind to yourself and remember - the discomfort is temporary!

Be kind to yourself and recognize you may experience some withdrawal symptoms, especially in the first few days, including headaches, moodiness, brain fog, or irritability.

Remember these symptoms are temporary and will usually go away within 3-5 days. Have some other self-care strategies ready for the start of your cleanse to make these days easier. Meditation, exercise and stretching, baths, manis/pedis - whatever makes you feel good and keeps your mood up!



7. Don't do it alone!

Share what you are trying to achieve with family and friends to get them on board, or even recruit someone to do the cleanse with you! This will prepare them to help and be patient with you during some of your withdrawal symptoms. Better yet, it is an awesome idea to work with a coach to help you kick your addiction to the curb.

Feel free to call or reach out to us to book a complimentary consultation if you want to work with our team on your goals for some extra support, accountability and a personal plan of action.

8. Don't go long periods of time without eating.



Aim to eat every 2-3 hours and make sure you are getting enough variety, protein, fibre and healthy fats throughout the day. This helps to balance your blood sugar and signals to your body that it does not need the extra source of sugar (aka, less mood dips and less cravings).

9. Get lots of sleep & regular exercise.



When you are cutting back on sugar, the body is going to search for new sources of energy. Some of the best ways to keep your energy stores replenished is to get lots of sleep and exercise! Aim for at least 10-30 minutes of moderate intensity exercise each day.

10. Use mindset strategies to manage self-talk.



Remind yourself why you are cutting out sugar using positive, empowering language. You want to do this to feel better, rather than trying to deprive or punish yourself. Use kind language when experiencing cravings and remind yourself that your body craves sugar for a reason: it is an addictive and easy energy source. Changing habits takes time and your body will adjust! We promise.

OUR FAVOURITE LOW-SUGAR RECIPES!

Fruit-On-The-Bottom Chia Pudding

4 ingredients · 30 minutes · 1 serving



Directions

1. In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

Notes

Storage

Store covered in the fridge up to 4 to 5 days.

Additional Toppings

Blackberries, sliced peaches or any chopped fruit you like.

No Almond Milk

Use any other type of milk instead.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

- 2 **tbps** Chia Seeds
- 1/2 **cup** Unsweetened Almond Milk
- 1/4 **cup** Frozen Berries (thawed)
- 1 **tbsp** Almond Butter

Nutrition

Amount per serving

Calories	250	Cholesterol	0mg
Fat	18g	Sodium	82mg
Carbs	18g	Vitamin A	250IU
Fiber	9g	Vitamin C	10mg
Sugar	4g	Calcium	420mg
Protein	8g	Iron	3mg

OUR FAVOURITE LOW-SUGAR RECIPES!

Banana Coconut Protein Bars

7 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place all ingredients together in a bowl and mix well with a spatula.
3. Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
4. Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
5. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

Ingredients

- 1 Banana (mashed)
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

Nutrition

Amount per serving

Calories	148	Cholesterol	0mg
Fat	7g	Sodium	7mg
Carbs	18g	Vitamin A	7IU
Fiber	3g	Vitamin C	1mg
Sugar	9g	Calcium	44mg
Protein	5g	Iron	1mg

OUR FAVOURITE LOW-SUGAR RECIPES!

Mint Chocolate Chip Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into blender; blend well. Serve immediately.
2. Enjoy!

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 tbsp Unsweetened Shredded Coconut
- 1/8 tsp Peppermint Extract
- 1 tbsp Cacao Nibs
- 1 tbsp Organic Coconut Milk (canned)
- 1/4 cup Baby Spinach
- 1/2 Banana
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds

Nutrition

Amount per serving

Calories	283	Cholesterol	0mg
Fat	18g	Sodium	173mg
Carbs	26g	Vitamin A	1240IU
Fiber	10g	Vitamin C	7mg
Sugar	8g	Calcium	544mg
Protein	7g	Iron	2mg

OUR FAVOURITE LOW-SUGAR RECIPES!

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving

Calories	288	Cholesterol	0mg
Fat	17g	Sodium	8mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

OUR FAVOURITE LOW-SUGAR RECIPES!

Banana with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter

Use any nut or seed butter.

More Protein

Sprinkle with hemp seeds.

Ingredients

- 1 Banana (peeled and sliced)
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

OUR FAVOURITE LOW-SUGAR RECIPES!

Chocolate Almond No-Bake Bites

7 ingredients · 1 hour 10 minutes · 2 servings



Directions

1. Mix all ingredients together until well combined.
2. Scoop onto a plate or baking tray - either leave them round or flatten with a fork. Freeze for 1 hour then consume.

Notes

Storage

Keeps well in the fridge for up to 5 days.

Substitutions

Feel free to swap out the honey for agave. You can use other gluten free flours such as buckwheat or spelt. Whole wheat also works.

Larger Batch

Feel free to adjust the ingredient amounts to make a larger batch that will last a few days!

Ingredients

- 2 tbsps Almond Butter
- 1 tbsp Cacao Powder
- 1 tbsp Raw Honey
- 1/4 cup Almond Flour
- 1 tsp Unsweetened Almond Milk
- 1/4 tsp Vanilla Extract
- 1/8 tsp Sea Salt (or pinch)

Nutrition

Amount per serving

Calories	227	Cholesterol	0mg
Fat	17g	Sodium	151mg
Carbs	16g	Vitamin A	5IU
Fiber	4g	Vitamin C	0mg
Sugar	9g	Calcium	96mg
Protein	7g	Iron	2mg

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About Us



**Loyobo FIT stands for Love Your Body Fitness.
We aren't your typical gym and we like it that way!**

Loyobo FIT is a boutique fitness studio located in Guelph, Ontario. Our goal is to use movement to help people learn how to love their bodies. We focus on creating a safe space that is body positive, inclusive, and inspires our members to create real, long-lasting change. This guide was written by Courtney McCarthy, owner & founder of Loyobo FIT, and Lori McConnell, our in-house Holistic Nutritionist.

Interested in learning more? Check out www.LoyoboFIT.com for more information on our classes, our coaching services, upcoming events & workshops.