

10-Steps For Beating Sugar Addiction

1. Admit you have a problem with sugar
2. Decide you don't want to be a slave to sugar
3. Keep making this decision, over and over. Daily if needed
4. Keep a journal of your sweet intake
5. Identify your problem sweets
6. Set artificial boundaries so it's easier to make better choices
7. Crush sweet cravings by eating high fiber foods first
8. Create safe havens at home and at work
9. Get a good night's sleep (7-8 hours)
10. When you mess up, get right back on track at your very next meal