

By award-winning pastry chef Kirk Mitch

DRINK **MORE WATER**

- **Water acts as an appetite suppressant**
- **Dehydration is often confused with hunger or food cravings**
- **Water helps to detox the body from artificial sweeteners**

AVOID ARTIFICIAL SWEETNERS

- **Artificial sweeteners increase appetite**
- **Artificial sweeteners trigger the nerves in the brain associated with addiction**
- **Artificial sweeteners promote hyperactivity, insomnia and decreased sleep quality which leads to excessive eating**

EAT **MORE HEALTHY **FAT****

- **Healthy fats keep you full for longer periods of time**
- **Healthy fats nourish your body so it runs better than when given sugar**
- **Healthy fats give you energy so you can avoid the 2pm sugar fix later**

GET **ADEQUATE SLEEP**

- **Sleep deprivation leads to unhealthy food choices**
- **Staying up late increases the hunger hormone**
- **Getting adequate sleep decreases stress on the body therefore reducing sugar cravings**