

7 STRATEGIES TO CURB YOUR CARBS



Carbohydrates are very important to our bodies. They are the main energy source for our working muscles, brain and nervous system. Good sources of carbohydrates are vegetables, whole grains, fruits, legumes and dairy. Below are some tips to decrease the less healthy carb choices without feeling deprived.

1. Hello H2O! Sugary drinks contain a lot of hidden carbs and calories. Using water to hydrate your body helps you regulate body temperature, improve digestion and your keep energy levels up. Not a fan of water, spruce it up by adding a few slices of cucumber, lemon or watermelon.

2. Juice Lovers: keeping sugary drinks and juice out of the house is easier said than done but we know if they aren't easily accessible, we're less likely to drink them. If you can't imagine giving up juice, decrease the amount by using a smaller cup or add some water to ½ cup of juice. Over time your taste buds and cravings will go down.

3. Opt for Unsweetened Items: when you choose unsweetened products like chocolate, nut butters and almond or soymilk, you can control the amount of sugar being added.

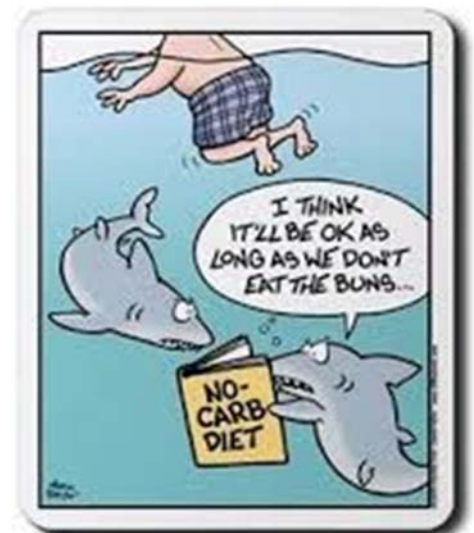
4. Flavour Fun: Think about adding flavours other than sugar or syrup to your foods. Try a sugar-free latte and add some cocoa or vanilla powder. Plain oatmeal can be turned up a notch by adding a kick of cinnamon or ginger. Insider tip: cinnamon helps with regulating blood sugar, which helps control your appetite.

5. A Whole Lotta Grains: When choosing between products, go for whole grains or brown rice over white. A sure-fire way to know which is best it to look on the label and see how much fibre each serving contains. Aim for foods with at least 4g.

6. Sweet Tooth's: If you are a dessert person or tend to sway to the sweet side of the street, set some rules for yourself around treats in a week. If most days you find yourself having something sweet, aim to decrease that by one or two nights per week. You can also find some great options for satisfying that sweet tooth here.

7. Portion Perfection: We're use to pasta and other starches being piled high on our plates. The next time you are planning a heavier carbohydrate meal, look at the portion size – it should only take up about ¼ of your plate.

Add veggies and protein to pump up your plate.



Above all, when making changes, don't go "Cold turkey". Cutting out all added sugar or treats or trying to make all these changes at once is a setting yourself up for failure. Go slow, give your body time to adjust. Choose one of the above each week or month and see how it goes. Once you've master that, add another goal into the mix. When we feel deprived, our cravings increase causing us to fall off the wagon and give up.