



Cravings and snacking

Do you crave sweets? Do you feel like snacking?

Why?

There are two types of fuel available: sugar and fat (protein is a basic component). Most diets have taught us to eat a low-fat diet and then we are forced to depend on carbohydrates as fuel: rice, potatoes, bread, fruit, etc...

Here I suggest a simple way to help reduce the need for sugar, both in your daily life and on days when we have more stress or do more physical activity.

When we move, play sports, or have more mental activity or more stress, we seek energy. If we don't use carbohydrates, which translate into glucose units, we have to use fats. As women in a time of physical and mental transition, **WE CAN CALM THOSE CRAVINGS BY EATING SUFFICIENT FAT UNITS**. The best approach will be to combine saturated fats (such as egg yolks, butter, aged and fatty cheeses, bone broth, etc.) and vegetable fats (avocado, tahini, seeds, almond or coconut flour bread, nuts, coconut MCT oil...).

10 servings of fat per day is what we need, 5 from saturated fats and 5 from vegetable fats. (Just an idea for a fat serving... 1 tablespoon of olive/coconut/sesame/avocado oil, 1 tablespoon tahini, 8 pecan or California nuts, 4 Brazil nuts, 8 almonds, 8 olives...)

This way the desire for sweets will be minimal, and additionally, our nervous system will benefit and be in better condition.

With a good balance between vegetables, proteins and fats you will be energetic and satiated and your cravings will simply disappear...!