



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

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How To Kick Sugar Cravings

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One of the reasons we crave sugar is because it truly makes us feel good... for a while. Sugar's ability to stimulate feel-good hormones is in part what makes it so addictive and hard to kick.

To kick the sugar, you need to help your body not want it so badly by filling its needs with more nutrient dense options.

There are 3 feel-good hormones that sugar stimulates:

- dopamine (our "get-up-and-go" hormone)
- endorphins (a hormone that brings about self esteem and confidence).
- serotonin (a hormone that makes us feel calm and peaceful)

As a strategy to curb sugar cravings, stimulate the production of these same feel-good hormones using nutritious foods.

To Increase Dopamine (for more "get-up-and-go")

- tyrosine is an amino acid used to make dopamine. Increase foods rich in tyrosine like: chicken, fish, nuts, pumpkin seeds, beans and eggs

- increase vitamins A and D which work together in creation of dopamine

To Increase Endorphins (self esteem and confidence)

- a sweet taste on the tongue will increase beta endorphins - use low glycemic fruits and sweeteners to stimulate endorphins (ex apples dipped in honey + cinnamon)

To Increase Serotonin (feel-good, calming, peaceful)

- tryptophan is the amino acid used to make serotonin. Increase tryptophan rich foods like turkey, shrimp, mushrooms, cod, tuna, spinach, pumpkin seeds

- Magnesium and Vit B6 are needed for the



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Recipe Corner

conversion of tryptophan to serotonin (both are depleted by sugar!) so make sure you have those nutrients in your diet as well

- repetitive movements like chewing gum, drumming and knitting increases serotonin

The current Recommended Dairy Allowance for added sugar is 9 tsp for men (36g) and 6 tsp for women (24g). Most of us are well over 50-100g a day. It can be hard to kick added sugar out of your diet, but doing so is a critical part to resolving whatever health conditions you struggle with. When you leave sugar behind you'll enjoy better mood, digestion, sleep, skin and... well, better health.

TORTILLA SWIRLS

For herb tofu mayo:

1 cup (250g)	firm tofu
2	garlic cloves, minced
½ cup	filtered water
½ cup	fresh parsley or use (½ the amount if using dried herbs)
1 ½ Tbsp.	dried thyme
1 ½ ~2 Tbsp.	hot mustard
1 Tbsp.	tamari or soy sauce
several dashes	cayenne pepper
½	lemon, juiced

For swirls:

whole wheat tortillas
alfalfa sprouts
grated carrots
chopped green onion
julienned red pepper
sliced radish

Experiment with other fillings of your choice: baby greens, spinach, caramelized red onions, tomatoes, fresh herbs, cucumber, etc.

- Spread whole wheat surface of tortilla with herbed tofu.
- Generously lay a bed of alfalfa sprouts across the middle of the tortilla's diameter. Arrange other ingredients on top of the sprouts. You should now have a column of ingredients down the middle of the tortillas.
- Starting at one end, roll the

tortilla over and around the ingredients (as if tucking them into bed!) and roll tightly.

- Slice into rounds about 1" long.

BROCCOLI SALAD RECIPE

2 heads	Fresh broccoli
2 Tbsp.	Vegetable oil
1 Tbsp.	Salt
2 Tbsp.	Light soy sauce
2 Tbsp.	Distilled white vinegar
2 Tbsp.	Sesame oil
1/4 tsp.	Salt
1 Tbsp.	White sugar

- Separate the broccoli into bite-sized florets. Peel tough skin off stem and quarter it into 2 inch pieces cut slantwise.
- Bring 2.5 quarts water, 2 Tbsp. oil and 1 Tbsp. salt to boil. Add the broccoli and boil quickly for 1 minute.
- Plunge into cold water to set color, drain and place on platter or in a bowl.
- Using a small bowl, combine the soy sauce, vinegar, sesame oil, salt and sugar. Pour the mixture over the broccoli and toss.

This salad can be served hot or cold.

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