



Sugar Craving Reset Card™

Use simple, practical steps to respond to a sugar craving while considering hunger, meal balance, stress and sleep.



First, Pause

A craving is information, not a failure.

Take one slow breath and check what your body may be asking for.

What Do I Need Right Now?

- ☐ Has it been several hours since I ate?
- ☐ Was my last meal low in protein or fiber?
- ☐ Am I physically hungry?
- ☐ Am I thirsty?
- ☐ Am I tired, stressed, bored or overwhelmed?
- ☐ Do I simply want something sweet?

Quick Snack Ideas

- Greek yogurt + berries
- Apple or pear + unsweetened seed butter
- Cottage cheese + fruit
- Egg + whole-grain crackers
- Hummus + vegetables



Choose Your Next Step

1 If you are hungry

Choose a satisfying meal or snack with protein and fiber.



2 If you are tired or stressed

Pause for a few minutes, drink some water and choose one calming action.



3 If you still want something sweet

Choose it intentionally, sit down and enjoy it without guilt.



4 If cravings happen repeatedly

Notice the timing, your previous meal, sleep and stress. Look for patterns across several days.



What May Be Contributing?

Long gaps between meals • Undereating • Low-protein meals • Poor sleep • Stress • Habit • Restrictive food rules



Martine's Midlife Wellness Tip

If you choose the sweet food, enjoy it. Pairing it with a meal or protein-rich snack may feel more satisfying than trying to fight the craving for hours.



When to Seek Help

Talk with your healthcare provider if cravings are frequent or accompanied by shaking, sweating, confusion, faintness or major changes in thirst, urination or weight.



If food cravings or eating behaviors cause significant distress, support from a qualified healthcare or eating-disorder professional can help.