CARB CRAVINGS SHUT-DOWN

Nutrients to optimize blood sugar balance

YOU VS. SUGAR: BE THE BOSS.

Hi friends, thanks for downloading this guide to cutting sugar cravings!

Lifestyle Factors

First step: make sure your sleep, stress, and exercise are optimized as much as possible.

Diet quality

Next: make sure you're eating quality food (meat, poultry, seafood, vegetables, fruit, nuts, and seeds) most of the time with balanced macros. A good place to start is 40% carbs, 25% protein, and 35% fat.

Nutrients

Finally, make sure you're getting enough of the nutrients that play a vital role in insulin regulation and energy production. Start by tracking your intake using Cronometer.com then adjust your diet and/or supplement accordingly. Here they are...

Omega-3: A 2018 article in Nutrients reviewed the important role that omega-3 fats play in reducing oxidative stress (inflammation) inside our mitochondria. Mitochondria are the energy-producing factories inside our cells. When our energy production pathways are protected from inflammation, they can run optimally and prevent us from feeling like we need to grab a cookie or granola bar for quick energy. (1) Omega-3 fats come only from animal sources (plants, however, do have precursors). Thus, ensure that you track your intake. Ideally, get your omgea-3 levels tested if you eat minimal animal protein (especially if you avoid fatty fish and grass-fed beef).

Top Sources: SMASH fish (salmon, mackerel, anchovies, sardines, and herring), egg yolks. ALA precursors: walnuts, chia seeds, flax seeds, hemp seeds)

Top Choice: Nordic Naturals ProOmega Lemon from https://wellevate.me/RealNutritionRX

Chromium: not only does chromium supplementation improve blood sugar in people with type 2 diabetes, but it's also helpful for people who are NOT diabetic. In a study from the journal Clinical Nutrition, scientists found that when people with the lowest 25th percentile of chromium intake were supplemented, they experienced improvements of their glucose tolerance, circulating insulin, and glucagon (the hormone that mobilizes blood glucose). Thus, those with low chromium intake have impaired glucose tolerance, which can lead to low energy and carbohydrate cravings. (2) If you exercise a lot, be especially careful with chromium. It's required to cover from workouts and can, thus, be deficient among people who are very physically active.

Top Sources: Broccoli, grape juice, potatoes, garlic, basil, orange juice, turkey, red wine, apple, banana, green beans

Top Choice: Metagenics Chromium Picolinate from https://wellevate.me/RealNutritionRX

Zinc: Studies have found that people with insulin resistance (type 2 diabetes) have lower levels of zinc. When these subjects are supplemented with zinc, their average blood glucose (HbA1C) improves. In fact, even obese children who are not diabetic experience improved blood glucose and insulin levels when they supplement with zinc (3, 4). As with omega-3 fats, zinc comes predominantly from animal sources. Thus, ensure that you track your intake if you eat minimal animal protein.

Top Sources: oyster, beef, crab, lobster, pork chops, baked beans, chicken, pumpkin seeds, yogurt, cashews, chickpeas, cheese, oatmeal, almonds, kidney beans, peas

Top Choice: Thorne Zinc Pincolinate 30mg from https://wellevate.me/RealNutritionRX

Selenium: As with omega-3s, selenium has antioxidant properties that may protect our energy projection pathways and prevent us from blood sugar swings. However, selenium has also been shown to directly modulate blood sugar pathways (5). In fact, a 2016 study found that selenium supplementation improved both blood glucose levels and insulin levels. Thus, ensuring sufficient selenium intake is critical for keeping those cravings in check.

Top Sources: brazil nuts, tuna, halibut, sardines, ham, shrimp, beef, turkey, beef liver, chicken, cottage cheese, eggs, oatmeal, spinach, lentils, cashews
Top Choice: Klaire Labs Seleno Met from https://wellevate.me/RealNutritionRX

Magnesium: this mineral plays an essential role in blood sugar control (7). It was found in a study from the journal Diabetes and Metabolism that, even for non-diabetics, when blood sugar control isn't optimized, magnesium supplementation improves insulin sensitivity (8). These patients supplemented at 2.5g/day for 3 months. So, keep in mind that mineral repletion is more than a one-time event.

Top Sources: almonds, spinach, cashews, peanuts, black beans, edamame, peanut butter, avocado, potato, brown rice, yogurt, oatmeal, kidney beans, banana, salmon, halibut, raisins, chicken breast, beef, broccoli, apple
Top Choice: Integrative Therapeutics Magnesium Glycinate Plus 220mg from https://wellevate.me/RealNutritionRX

I hope that helps! Please send me a question any time: erin@realnutritionrx.com

Best wishes,

Erin Skinner, MS, RD, IFNCP