

Detox Your Taste Buds

Salt and sugar are often increased in the diet when you are under stress. When cortisol levels are imbalanced, you will crave more sugar and/or more salt in your diet. Salt and sugar in excess amounts are detrimental to your health. You will want to practice stress management and healthier coping skills when looking to detox from salt and sugar. Remember, sugar is as addictive as drugs, such as cocaine. If you find it to be too challenging, please reach out and I will help you kick the habit.

1. SALT DETOX

- Start by slowly decreasing your salt intake. This may take a few weeks or a few months. Remember food may not taste the same in the beginning but give your taste buds time to adjust and resist adding more salt.
- Eat more home cooked meals! 70% of the sodium in our diets comes from processed foods from restaurants, fast food, and prepackaged food.
- When you do add salt to your cooking at home add it just before serving for maximum flavor.

2. SUGAR DETOX

- Start by counting how many sugar grams you are consuming in a day's time. Shoot for no more than 25 grams per day of "added sugar". This allows you to have your sugar where you really want it the most without going overboard.
 - "Added sugars" are honey, maple syrup, agave nectar, table sugar, sucrose, dextrose, high fructose corn syrup, and corn syrup. Juice, while natural, is too heavily concentrated and will need to be counted towards the 25-gram limit.
 - Natural sugars found in fruit and plain yogurt does not count towards your 25 grams per day, as these are not added sugars.
 - Avoid all artificial sweeteners and even natural sweeteners such as stevia for the purpose of detoxing your body of the sweet flavor it craves. The more you have in any form the more you crave. It will be fine to transition back to these later.
 - Read the label to find out how many sugar grams are in a product. Make sure to check serving size in case you need to double or triple the gram amount.