



Dear team sugar-free,

Congratulations on reaching the final week of the *Sugar-free revolution*! Breaking any habit isn't easy, especially one where food is concerned, as it's part of our everyday lives. So, well done.

In this last week, as we reflect on our journey so far, we look at how we can adopt our new lifestyle moving forward. We also have a sweet little treat for you at the end, so read on...

Are you even hungry?

Last week, we discussed the difference between true hunger and cravings, and shared some ways to differentiate between the two. One quick and easy method is the [HALT technique](#).

This strategy helps you to avoid eating mindlessly by creating some space to reflect on why you want to eat. It encourages you to identify the emotions that might be behind your desire for food. It's also quick and easy to practise anywhere, anytime. Here's how:


Before you reach for that snack, ask yourself if you're:

 Hungry

 Angry

 Lonely

 Tired

 Write down how you're feeling (you can do this in the Notes app on your phone if you're not home) and wait 10 minutes. Then reassess whether you want to eat.

A balanced approach

We've discussed at length the importance of including protein, fibre, carbohydrates from whole foods, and healthy fats in each meal. And we're mentioning it again. This approach to eating helps ensure you're satisfied after each meal and so are less likely to mindlessly snack. It

also helps to ensure you're meeting your daily nutrient requirements and helps [to manage your blood sugar level.](#)

For a snapshot of what this looks like, we've put together a handy *Day on a plate* guide for you, with links to a full day's recipes – that's breakfast, lunch, dinner and nutritious (not to mention delicious) snacks.

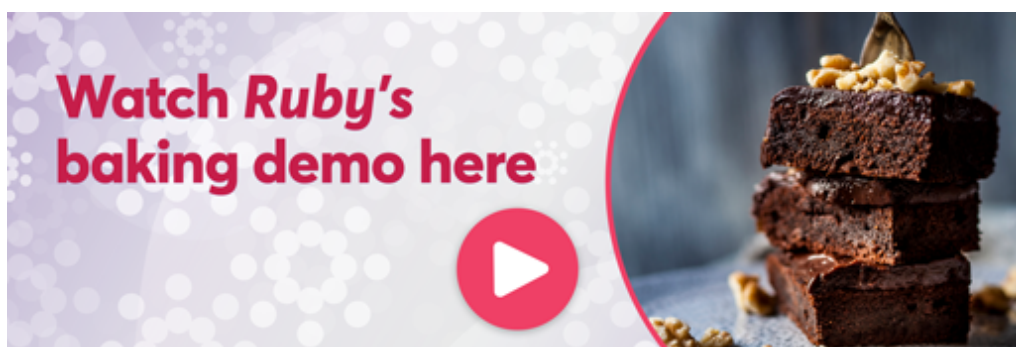


Treat yourself

As we've said before, we won't sugarcoat it for you (*see what we did there*). There will be times when you just want to reach for that sticky, glazed doughnut, and that's OK. Life is about balance.

So to help you with some of those times, our resident dietitian Ruby shows us how to prepare some deliciously moreish sugar-free brownies, using ingredients that are even good for you!

Check out how it's done!



This week's mini challenge

Retake the [sweetness taste test](#) from week 1.

We'd love to hear your results, so look out for an email from us next week, where we'll ask you a few questions about your experiences during the *Sugar-free revolution*. Plus, we sweeten the deal with a little gift just for you.

It's a wrap!

We've had a ball following the *Sugar-free revolution* with you – and ope you have too! Here's to a healthy life with a little less sugar on top – because, remember, you're already sweet enough 🇪🇸

Wishing you sweet nothings,

Team CBHS

Sources:

[5 simple ways to build a mindful eating habit \(cbhs.com.au\).](https://www.cbhs.com.au/5-simple-ways-to-build-a-mindful-eating-habit)

[Mood foods - nutrition for busy people \(cbhs.com.au\).](https://www.cbhs.com.au/mood-foods-nutrition-for-busy-people)

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