

## Is Sugar Addictive?

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Is sugar like a drug that can become addictive? If after eating sugar, you feel out of control and want to eat more sugar, is this an addiction to sugar?

- Many people struggle with making good food choices, overeating and choose to be at the mercy of fast food.
- Do you find yourself wanting something sweet after a meal, or use food to reward yourself when you have achieved a goal or finished a project, or on the other hand, when you face failure or “have a bad day”.
- After a hard day at work or coming home late, we may feel we deserve dessert. Food tastes good, can bring back good memories, but eventually can cause other problems such as weight gain and elevated blood sugars leading to diabetes complications and more medication.

This is especially a problem for people with diabetes whose pancreas' are compromised and unable to produce enough insulin to balance the amount or type of food eaten.

That is definitely a problem, but is not necessarily an addiction. .

Many people have developed a link between food and reward, stress management or anxiety. We can change these links given the right tools to find an alternative to food in stressful situations.

We need some ideas and strategies to change the connection and develop healthier connections.

What else could we do to de-stress our body and mind and trigger the brains' reward system.?

- Take a short walk to burn up those stress hormones that are in our blood stream. Activity increases the oxygen in our blood stream providing us with more energy, but also allowing our brain to think more clearly.
- Maybe we need a few moments in the lounge chair with a glass of ice water spruced with lemon, or iced tea to rehydrate and relax us from the day's work.
- Or maybe take a few minutes to read a book or light a scented candle or enjoy a foot soak.
- Eat only at the kitchen table
- Chew slowly and don't multi-task while eating
- Drink a glass of water before each meal/snack
- Have raw veggies available at eye level in your refrigerator.

### **What are the benefits of controlling the cravings?**

Better blood sugar numbers = Happier ME!

Put in the effort to make one change at a time. Always replace a poor choice with the new preferred choice.

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