

Managing Sugar Cravings on GLP-1s

Sugar cravings can still show up, even when food noise gets quieter.
A few steady habits can make sweet urges easier to manage.

1 Choose Smarter Sweet Swaps

- Pick sweet options that bring protein, fiber, or real nutrition.
- Greek yogurt with berries can satisfy sweetness without feeling like a sugar crash.
- Protein pudding, cottage cheese bowls, or lower-sugar protein bars can feel dessert-like.



2 Lead With Protein

- Protein helps meals feel more satisfying and steady.
- A protein-rich breakfast can reduce late-day cravings.
- Skipping early meals may make sweets feel harder to resist later.



3 Use Fiber for Fullness

- Fiber slows digestion and helps meals last longer.
- Berries, chia, oats, beans, and vegetables can support steadier hunger.
- Increase fiber gradually so your stomach has time to adjust.



4 Watch the Craving Triggers

- Poor sleep can make ultra-processed sweets more tempting.
- Thirst can sometimes feel like hunger or a craving.
- Refined carbs and candy can create swings that lead to more cravings.



5 Build a Craving Plan

- Keep easy sweet swaps ready before the craving hits.
- Pair sweet foods with protein or fiber when possible.
- Small portions work better when they are planned, not grabbed in a rush.



Disclaimers & Notes

This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Talk with your clinician or dietitian about testing, dosing, or whether any specific nutrition or supplement strategy is appropriate for you.

Fiber should be increased gradually with adequate fluids — rapid increases can worsen bloating or discomfort.