

Sweets make your blood glucose go up and down, drains B12 and can worsen depression. Here are useful tips to reduce sweets:

1. Drink a glass of water. Some people say that dehydration can cause cravings.
2. Eat a fruit. Having a piece of fruit may help satisfy sugar cravings for some people. Bananas, apples, oranges work great.
3. Avoid artificial sweeteners. If you feel that artificial sweeteners trigger cravings for you, you might want to avoid them (2 Trusted Source).
4. Eat more protein. Protein is great for satiety, and it may help with cravings as well (1 Trusted Source).
5. Talk to a friend. Call or meet someone who understands what you're going through. Explain that you're going through a craving and ask for a few words of encouragement.
6. Sleep well. Getting proper, refreshing sleep is important for overall health and may help prevent cravings (3 Trusted Source).
7. Avoid excess stress. Same as with sleep, avoiding stress can help prevent cravings (4 Trusted Source).
8. Avoid certain triggers. Try to avoid specific activities or places that give you cravings, such as walking past McDonald's.
9. Read your list. It can be very helpful to carry a list of the reasons you want to eat healthy, as it can be hard to remember such things when you get a craving.
10. Don't starve yourself. Try to prevent yourself from becoming too hungry between meals.

<https://www.healthline.com/health/depression/sugar-and-depression#carbohydrates-and-depression>