



## Comfort Foods

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Appetite, food cravings, feelings of stress, and mood can affect your eating habits. When people are emotional they tend to eat so called “comfort foods”. There is no question that foods such as ice cream, chocolate, mashed potatoes and gravy, peanut butter and jelly, and chicken noodle soup can make people feel better. These foods can all be part of a healthy diet as long as they are eaten in moderation.

If you are an emotional eater, try to avoid the urge to eat as a way to deal with your anger, sadness or loneliness. Instead try to face the emotions in a positive way. Compared to nibbling, physical activity such as a brisk walk or bike ride offers a more lasting way to work through feelings. If eating is the only thing that will cure your blues, try these tips to help you maintain a healthy diet:

- ✓ Top low fat ice cream with fruit or granola
- ✓ Instead of ice cream try a fruity sherbet instead
- ✓ Try hot chocolate instead of chocolate bars to satisfy your sweet craving
- ✓ If cookies are comforting to you, go for oatmeal raisin, vanilla wafers, graham crackers, animal crackers or gingersnaps
- ✓ If you prefer salty foods than opt for popcorn, pretzels dipped in spicy mustard, or baked tortilla chips with salsa
- ✓ Add naturally sweet sliced or dried fruit to cereal, yogurt or pancakes
- ✓ Use low fat gravy to mashed potatoes
- ✓ Try natural peanut butter and low sugar jelly on whole wheat bread
- ✓ If you need a crunchy snack try peanut butter and celery, or trail mix made with Chex cereal, pretzels, dried fruit and nuts
- ✓ Soup always hits the spot. Make your own from scratch using chicken or turkey and lots of veggies and pasta.



Eat whatever foods make you happy, but do so in moderation. Don't deprive yourself of your favorite foods. Balance your favorite comfort foods with healthy alternatives.

Taken from the American Dietetic Association. [www.eatright.org](http://www.eatright.org)