

## **D is for Desserts!!!**

Presented by Froedtert & Community Memorial Dietitians  
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*It's a fact: We all like sweet treats. There's nothing wrong with enjoying sweet foods – in moderation! The problem is that we tend to go overboard on sugar, especially empty-calorie, “liquid candy” beverages. Here's how to have your sweets – and stay healthy too!*

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- **Go natural with fruit.**

Fruit – fresh, frozen, canned, dried, or juiced – is nature's sweetest treat. Satisfying your sweet tooth with fruit means you get some real nutrition benefits – like fiber, vitamins, minerals, and disease-fighting phytonutrients – along with great taste. Add fruits (especially berries) to smaller portions of unfrosted cakes to balance flavors and improve nutrition.

- **Enjoy sweets with other foods.**

Timing is everything. The best time to enjoy a sugary food or beverage is along with other foods at a meal. You'll tend to consume less if you are satisfied with other foods.

- **Resize your portion size.**

Many sweets – including candy bars, cookies, and soft drinks – have been super-sized. Choosing smaller portions, like a Halloween-size candy bar rather than a king-size bar, will be far better for your health. Smaller portions can also be equally as satisfying. Grab only ONE small candy bar & walk away! Or if at a dinner party, serve desserts on smaller plates & garnish with fruits or edible flowers. Eat slower & truly enjoy the flavor of the treat.

- **Get exactly what you want.**

One way to be satisfied with a smaller portion is to get exactly what you are craving. Some people eat through piles of treats trying to stay away from the one thing they really wanted in the first place. Take a few minutes to focus on what you really want to eat. And again, slow down to really enjoy the flavor!

- **Relax and enjoy.**

People often feel guilty about eating sweets, so they sneak around and wolf them down. However, eating quickly and guiltily means that you feel less satisfied. The goal is to eat less and enjoy it more. Pick a small portion of your favorite sweet, then savor every bite.

- **Use ‘sugar-free’ wisely.**

Being sugar-free does not guarantee that product is fat-free or calorie-free. Often times sugar is replaced with fat (just like many low fat items are packed with sugar!) Sugar-free also does not guarantee that something is packed with protein, vitamins, or minerals. Read before you eat – and check Nutrition Facts labels to get the most nutrients per bite. Both Splenda & Nutrasweet are sugar replacers that can reduce sugar without increasing the calories. But again, try to find foods that have some nutritional value as well.