

Sweet Suggestions

You can reduce the fat, sugar, and calories in desserts but still make them nutritious and delicious. Here are some helpful tips:

Cakes

- Try angel food cake.
- Bake with yogurt or applesauce instead of oil.
- Try fat-free whipped topping or meringue instead of frosting.
- Serve fruit as a topping.



Pies

- Make a graham cracker crust and use less oil in crust.
- Go topless (leave off top crust) or go bottoms up (cobbler).

Frozen Treats

- Try lowfat frozen yogurt, ice milk, sorbet, or sherbet.
- Buy low sugar or sugar free, low fat popsicles or ice cream bars.
- Make your own frozen treats from lowfat yogurt or 100% juice.
- Make your own milkshake or smoothie by blending frozen, canned, or cut fresh fruit and lowfat milk or yogurt. Add ice to make it extra cool and refreshing.



Puddings and Gelatins

- Choose sugar free, fat free mixes.
- Make pudding with skim milk.
- Make your own parfait by layering with fruit.

Tasty tip: Fruit can be a dessert on its own or a colorful, healthy addition to any treat.

