



## Sweet Suggestions

When trying to lose weight, cutting out sweets can sometimes get in the way of your success. Here are some ideas on ways to control those sugar cravings and enjoy dessert without feeling deprived.

- **Eat fruit after dinner.** Fruit is a natural and healthy source of sugar that can help cure those after-dinner sweet cravings. Make a habit of eating at least one serving of fresh fruit after dinner so that you are not reaching for rich desserts that can sabotage your healthy diet. Go for things like:
  - Frozen grapes or ½ frozen chocolate-dipped banana
  - Chocolate-dipped or yogurt-dipped fruits (strawberries, apples, banana)
  - Baked apple or pear
- **Make a mini-version of your favorite dessert.** Sometimes all that is needed is a bite or two to feel satisfied and you can still enjoy your treat, but with a fraction of the calories. If making a mini-version is difficult, then simply share a serving of your favorite with someone. Here are some ideas for mini-versions or for sharing:
  - Cakes
    - » Try angel food cake
    - » Bake cakes using yogurt or unsweetened applesauce instead of oil



- » Use fat-free whipped topping or meringue instead of frosting
- » Have fruit as a topping
- Pies
  - » Make a graham cracker crust and use less oil in the crust
  - » Leave off the top crust or go with a cobbler
- **Enjoy a frozen treat.** Low-fat or fat-free frozen yogurt is available in almost every flavor imaginable, and can be a great sweet treat when you want something cold. Other frozen treats include:
  - Low-fat frozen yogurt, ice milk, or sorbet
  - Low-sugar or sugar-free popsicles or ice cream bars
  - All-fruit popsicles made with pureed seasonal fruits like watermelon, peaches, berries, pears, or 100% fruit juice
  - Milkshakes or smoothies made by blending frozen, canned, or fresh fruit and low-fat milk or yogurt. Add ice to make it extra cool and refreshing.
- **Keep it simple.** Try sugar-free hot chocolate or flavored hot teas, unsweetened applesauce, animal crackers, or popcorn sprinkled with cinnamon. See the “Snack Attack” MOVE!<sup>®</sup> Handout for more suggestions.

