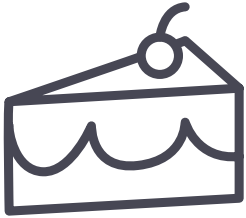




## Eating Sweets and Desserts

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Some families like to use sweets and desserts as a way of celebrating achievements and rewarding good behavior. Others have dessert as part of their daily routine after dinner is finished. Generally, kids are getting too much sugar in their diet and this can lead to health problems.

**Don't worry!** You don't have to cut out sweets and desserts completely. Instead, cut down at first. Then, make it your goal to limit yourself and your kids to just 1 dessert or 1 sweet a few times a week.

Every family is different, but these are ideas that some families have found helpful.

### What, if anything, might work for you?

- ◆ Instead of a large bowl of ice cream, enjoy a single scoop. Cut a smaller slice of cake, or grab 1 or 2 small cookies instead of a handful. Enjoy smaller-portion sizes rather than try to give up sweets completely.
- ◆ If you're ordering dessert at a restaurant, split the dessert between 2 or more people. Restaurant portions are usually large so there should be more than enough to share.
- ◆ Replace high-sugar desserts with naturally sweet foods like fruit.
- ◆ Keep dried fruit in the house like cherries, bananas, or apples. They are a sweet substitute for candy!
- ◆ Have sorbet, fresh fruit popsicles, or frozen yogurt instead of ice cream.
- ◆ Reduce the amount of sugar in the desserts you make. Depending on the recipe, you could cut down on the amount of sugar or experiment with swapping in fruit, applesauce, or oatmeal.
- ◆ Choose fresh or frozen fruit over canned as many canned fruits have sugar added as a preservative.
- ◆ You choose what your child is allowed to have. Then let your child choose **when** they'll have their sweet.
- ◆ Take a half portion of dessert, then load on the fruit. Cake, ice cream, and cookies all taste great with some berries on the side!
- ◆ Smoothies are a great alternative to a sugary dessert. Throw a banana, a couple strawberries, and a handful of blueberries into a blender with some yogurt and milk. Super sweet and super healthy!