



# Healthy Alternatives for your Sweet Tooth

Quelling your sweet tooth can be part of a healthy lifestyle, if done strategically. Before we let you loose like a kid in a candy store, let's explore some strategies to manage your sweet tooth, sensibly!

1. **Eat sweets when you aren't that hungry**, like after a meal to satisfy a sweet tooth vs. eating sweets when hungry for sustenance. It becomes much easier to overeat calorie-laden sweets in the latter scenario.
2. **Know your limits.** If dessert is your "trigger food" and you struggle with bingeing or overeating, keeping it in the house or at the office is probably not your best move. Practice going out for dessert on occasion instead of keeping it in your everyday environment, so you aren't tempted by it on a daily basis.
3. **Opt for portion control** or pre-portioned options if you struggle with moderation.
4. **Eat slowly and savor.** Eat it undistracted and concentrate on the taste.
5. **Remember that dessert is not going anywhere**, so you can likely fit a bit of it in tomorrow as well, but you will probably feel much better if you eat it sensibly today, instead of feeling guilty over the amount consumed.

## Did you know?

The Dietary Guidelines recommend we limit our total daily consumption of added sugars to less than 10% of calories per day. (For an individual consuming 1,500 calories daily, this means she/he should not exceed 150 calories from added sugars, which equates to about 9 teaspoons of sugar.)

Added sugars are added to foods or beverages during processing or preparation, which differ from those naturally occurring sugars such as those in fruits, vegetables, and dairy. Unfortunately, added sugar exists well beyond the dessert aisle, sneaking into commonly processed foods such as dressings, condiments, cereals, breads, and yogurt, to name a few. This is why limiting desserts, eating whole foods and reading ingredient lists can really make a positive impact on the quality of your diet!



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# Dietitian Approved Dessert Options

**Fresh fruit.** Keep it in the house, and keep it visible. You're more likely to reach for it and it may just do the trick.

**For a frozen dessert option, try a portion controlled bar** like Edy's Outshine fruit bars or Yasso Greek Yogurt bars. They both clock in around 100 calories and have some nutritional merit like Vitamin C or a bit of protein.

**6 oz of Greek Yogurt.** The fruit-flavored varieties will have added sugar, as compared to plain varieties, so we tend to think of them as a dessert option instead a breakfast or snack time staple.

Any variety has nutritional merit such as calcium, Vitamin D, probiotics, and a hefty portion of protein to help satiate you.

**Frozen fruit.** Try buying a bag of frozen cherries or strawberries. When you're ready for a treat, let a cup thaw out for a few minutes, and savor it one by one. This is a great no added sugar option that acts like a sorbet or popsicle alternative.

**Pre-portioned rice pudding.**

It tends to be less synthetic than most puddings, or you can make your own!

**1 oz of Dark Chocolate.** Brands like Ghirardelli and Dove have individually wrapped chocolate which are preferable to buying a large bar and having to moderate.

**A glass of low fat chocolate milk.** We love Fairlife brand chocolate milk because it has half of the sugar and 50% more protein than regular chocolate milk (and is lactose free!).



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