



## Tips For Healthy Desserts and Less Sugar

- Use fruit in making your desserts where you can. The sugar naturally in fruit is not generally a health risk. Dates are one fruit that may need to be limited though.
- Interesting and very tasty desserts can be made from dried fruit and nuts in some combination. These are healthy as long as consumed in moderation.
- Dark chocolate has been shown to reduce the incidence of heart disease. We think it is good if not too much sugar is included. Our favorite is almonds dipped in dark chocolate.
- Often in a recipe the sugar can be cut in half and still yield a very good result. You will need to experiment.
- Read labels and know what you are eating in terms of added sugar. Sugar is added to many prepared foods. It would be beneficial to learn to choose the foods with little added sugar. Dave's bread contains 5 grams (20 Calories) of added sugar/slice, but there are choices with little or no added sugar. The same is true for breakfast cereals and many other items.
- Small amounts of dessert eaten slowly are enjoyed as much as large amounts eaten quickly.
- Remember that sugar sweetened beverages don't satisfy one's hunger and used regularly seriously raise the risk of heart attacks and strokes.