

Counseling Services TIPS

Healthy Desserts

Wellness Coalition



Satisfy Your Sweet Tooth!!

Counseling Services



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Healthy Desserts

- Remember desserts should be consumed in moderation
- Instead of ice cream, opt for frozen yogurt or fruit parfait
- Prepare your own desserts; helps to moderate added ingredients
- Use low-fat or fat-free ingredients while preparing desserts
- Eat smaller portions
- Avoid desserts that contain trans and saturated fats
- When craving cookies, cake, or pie opt for a granola bar
- Remember to treat dessert as a reward