



## Eating Sweets - the Healthy Weigh

Nutrition professionals agree that every food fits into a healthful diet. So is it possible for your family to enjoy foods like cookies, pies and candy bars without the guilt? Sure! The key is moderation.

For many of us, we try to ignore our sweet tooth by eating everything except what we are really craving. So hundreds of calories later, we are left unsatisfied. Break this cycle by taking time to decide what it is you really want.

Along the same lines comes the feeling of guilt for eating sweets. Some people sneak their treats while in the car or eat them quickly before anyone can see them. Think again. If you are eating your treat in a hurry, you aren't taking the time to enjoy the taste and texture of every bite which may leave you unsatisfied and looking for another serving.

Don't forget to look at portion sizes which have steadily increased over the years. A bottle of soda used to contain 1 serving for 100 calories. Today, a 20 ounce soda contains 2.5 servings and 250 calories per bottle.

The same can be said about bagged snacks and candy bars. When satisfying your sweet tooth, opt for fun or miniature size instead of king size snacks. A king sized candy bar contains 480 calories. A regular sized candy bar contains 270 calories. A fun sized candy bar contains 100 calories. A miniature candy bar contains 45 calories.

And finally, remember that sugar free and fat free products do not mean that the product is calorie free. Many people are surprised to learn that their sugar free or fat free cookies, ice cream or candy are close calorie wise to the original. So before eating a second serving, read the nutrition label.

