

A SWEET TREAT A DAY IS A-OKAY
From Stacy Beeson, RD, LD
St Luke's Health Solutions Dietitian

If you like a finishing touch after lunch or dinner, don't feel like you are doing a bad thing. Enjoying a sweet treat per day is a-okay and may help prevent feelings of deprivation. Some folks like a sweet treat, others are fine without it. The sweet treat calories are actually included in the Dietary Recommendations and deemed "discretionary" calories – open to use however you want. Discretionary calories can easily fit into a healthy eating plan. Discretionary calories are defined as "the remaining amount of calories after selecting the specified number of nutrient-dense forms of foods in each food group."

For example, below are the recommended daily calorie amounts for various activity levels for 30-50 year olds.

CALORIES FOR 30-50 YEAR OLD

	Sedentary	Moderately Active	Active
Female	1800 cals	2000 cals	2200 cals
Male	2200 cals	2600 cals	3000 cals

So, if you are a sedentary female, aged 30-50 years old, your recommended daily calories are 1800. Within the 1800 calorie recommendation, 195 calories are considered discretionary calories and can be used as a sweet treat. This is how the calories break down for each food group and discretionary calories.

FOOD GROUP BREAKDOWN FOR 1800 CALORIES

		Calories
GRAINS	6 servings (each serving is ~80 calories*)	480
VEGETABLES	5 servings (each serving is ~25 calories*)	125
FRUIT	3 servings (each serving is ~60 calories*)	180
LOW-FAT DAIRY	3 servings (each serving is ~100 calories*)	300
LEAN MEAT	5 ounces (each ounce is ~55 calories*)	275
FAT	5 teaspoons (each teaspoon is ~45 calories*)	225
DISCRETIONARY		195
TOTAL PER DAY:		1780

195 calories is approximately 10% of 1800 calories. This fits in with the 90/10 rule of healthy eating where 90% of your choices are healthy and 10% are sweet and neat! For more information on foods, portions and amounts specific to you, go to <http://www.mypyramid.gov/mypyramid/index.aspx> and punch in your numbers.

**approximate calories per serving*

SAMPLE SWEET TREAT IDEAS

Lemon-flavored treats work especially well because of the refreshing taste they bring to the mouth.

Lemonettes

Serves 12

Crust

4 rectangular graham crackers

1½ T whipped butter

Topping

2 eggs + 2 egg whites

2 T flour
3/4 cup sugar
1/3 cup fresh squeezed lemon juice
1 T lemon zest
1/4 baking powder

Using a roller or food processor, turn the graham crackers into crumbs. Add the melted butter and use a fork to mix. Add 1 T of the crumbs to 12 muffin tins lined with paper baking cups and press down. Bake for 5 minutes at 350 to lightly brown the crumbs. (watch closely so they don't burn).

In a medium bowl, add the eggs, flour, sugar, lemon juice, zest and baking powder in a bowl and whip together. Pour the lemon mixture into 12 muffin tins, using just enough to cover the crumbs. Bake at 350 for 10-11 minutes, let cool and dust with powdered sugar. Try not to over-bake them, or they'll lose their moisture. *Per lemonette: 83 calories, 1.5 g fat, 17 g carbs, .5 g protein.*

Peach Crunch

1 sliced peach
Top with 2 tbsp *Kashi Go LEAN Crunch*, 2 tbsp whipped topping, 1 T dark chocolate chips
165 calories

Trail Mix

2 tbsp raw, unsalted almonds (previously toasted)
1 tbsp raisins or dried cranberries
1 tbsp mini chocolate chips
163 calories

Dark Decadence

3 *Dove brand* chocolate miniatures kept in the freezer
125 calories

Sandwich It In

Skinny Cow brand ice cream sandwich
150 calories

Cookie Monster

Two small cookies
160 calories

I Scream for Ice Cream

1/2 cup low-fat, slow-churned ice cream
150 calories