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NUTRITION SEGMENT FEBRUARY 11, 2008:
SWEET FINISHING TOUCHES SNACK IDEAS

Right when you feel like you're back into the swing of healthy eating, Valentines Day shows up! The boxes of chocolates appear all over again. Not to worry! A healthy lifestyle is one where all foods fit. A sweet treat a day is possible, and for some is quite helpful.

If you like a sweet treat, reserve 150 calories a day to sit down and enjoy a finishing touch. These are a couple of examples:

Mock Apple Pie

Low-fat vanilla yogurt
Unsweetened applesauce
Crushed graham crackers
150-200 calories

Peachy Keen Krisp

1 sliced peach
Top with 2 tbsp *Kashi Go LEAN Crunch* and 2 tbsp whipped topping
95 calories

Trail Mix

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

Baked Cinnamon Apple

1 sliced apple sprinkled with cinnamon and 1 T brown sugar then microwaved
71 calories

Peach Fluff

2 peach halves (canned in own juice or fresh) topped with 4 tbsp low-fat ricotta cheese mixed with 1 tsp vanilla extract
146 calories

Warm Raisin Bread

1 slice cinnamon raisin toast with 1 tsp light margarine
1/2 C apple sauce, unsweetened
138 calories

Additional Sweet, Simple Finishing Touch Ideas:

Yogurt Sundae

Start with vanilla yogurt and include toppings such as chocolate sprinkles, granola, banana, canned mandarin oranges, fresh blueberries, or canned pineapple.

Fruit with Chocolate Fondue

Banana, orange segments, or strawberries with chocolate pudding for dipping.

Frozen Finishing Touches

- Skinny Cow ice cream bars
- Fudgsicle
- 1/2 cup slow churned, reduced fat ice cream in a sugar cone

Chocolate Finishing Touches

- Small bowl Cocoa Krispies
- Cup of chocolate soy milk
- 5 dark chocolate covered almonds with tea
- A peppermint patty mint
- Sugar-free cocoa

Carby-Finishing Touches

- Whole wheat Fig Newtons
- Bowl of cereal
- Two graham crackers with 1 T peanut butter

Contact St Luke's Health Solutions Dietitian Stacy Beeson at 381-2403.