

# **CAN I EAT DESSERTS? HOW?**

**Yes! You can have your cake and reach your health goals, too!**

**Client Success Stories  
Review Case Studies  
Answer Questions  
Tips & FAQs**



# INTRO TO DESSERTS

## All or Nothing Mindset

1. Hard to incorporate when they're so off-limits
2. This is not the last time you'll have it!

## Restrictive Eating

1. We go for quick carbs and fat
  - a. Desserts

## Recommendations

1. Change your language
2. Add it to your plate
3. Use your hunger and fullness cues



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# INTRO TO DESSERTS

## Desserts Vs. Daily Recommendations

1. Added Sugar DRI: 25-36g
2. Saturated Fat DRI: 20-30g

## How Does This Compare?

1. Two Oreos: 11g added sugar, 3g sat. fat
2. Two fun sized chocolates: 15g added sugar, 4.5g sat. fat
3. One donut: 11g added sugar, 2g sat. fat
4. One scoop ice cream: 14g added sugar, 4.5g sat. fat
5. One cupcake: 25g added sugar, 1.3g sat. fat
6. One piece of pumpkin pie: 21g added sugar, 2.7g sat. fat



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## Cast Study 1

Our very own member, Jake, struggled with the candy bowl in the office. He would either stay away from them completely or go all in. Watch the collective for his full story!

### Guidance

1. Allow himself to have one every day.
  - a. Take one from the bowl at lunch time and eat with his lunch, not after
2. After a while, he may find that he doesn't actually want one every day (but it's okay if he does!)
3. Change the mindset- it's just a simple carb source

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## Cast Study 2

Stay at home mom. House is always stocked with sweets for the kids and she cannot help herself. If they're in the house, she will eat them!

## Guidance

1. Don't let them be off limits!
2. Make a plate with a sweet item
3. Be mindful about sweets and use hunger and fullness cues

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## Cast Study 3

It's the week after Halloween and these parents cannot stop snacking on Halloween candy. Don't know how they will stop without just tossing the whole bag.

## Guidance

1. Just because it's Halloween candy doesn't mean you'll never have candy again (Thanksgiving, Christmas, New Year, Valentines Day... it keeps coming!)
2. Incorporate the candy into a plate
  - a. Pack with lunches, snacks, and with meals

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# 1 THING

**Hunger and Fullness Scales  
work for desserts, too.**

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**Eat desserts mindfully and  
check in with your body.  
Make a plate and enjoy it!**

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# DID YOU KNOW

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**Sugar is glucose + glucose!**

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**Sugar molecules are just two glucose molecules connected together- making it a fantastic source of quick glucose when needed!**

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**MYTH**

**OR**

**FACT**

**You can't lose fat if you often eat dessert.**

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**Myth! Fat loss comes down to caloric intake- no matter where those calories come from.**

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# THANK YOU!



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