

ASHLEY'S BETTER NUTRITION LESSON

CAN I HAVE DESSERT?

WANT BETTER RESULTS BUT ALSO WANT DESSERT?



A better nutrition member recently reached out and said "I don't want to seem greedy and I really want to lose weight, but I want to have my desserts too." I told her she's not alone. Let's discuss the what, when, how much of better dessert-ing.

The origins of the word "dessert" are a French verb meaning "to clear the table." That evolved to the British definition, "fruit at the end of the meal," and on to today's definition "a sweet course or dish usually served at the end of a meal." So what is a dessert and, more importantly, for those seeking better health results, what is a better dessert and how can it be part of your better nutrition plan?

"Life is short. Eat dessert first." - Jacques Torres

When seeking better health results, the principles of better nutrition are clear - better be delicious, better nutrient balance, better quantities and quality, better frequency, as well as better be based on you. There is no question that too much of anything - organic fruits, chocolate, alcohol, but also organic vegetables, grains, wild salmon - even turmeric and kale - is, well, just too much. So when we speak of desserts we need to look not just at what the dessert is but also to what it is being added. This holds true to make sure that the addition of a dessert doesn't add to your waistline but also increase risk of disease. Additionally, there are strategic tips like that above from Jacques Torres that help us enjoy our better nutrition and enjoy our better health results too. Wait? Could you really dessert first? You bet! Here's what is and how to do dessert better.

HOW CAN YOU BUILD A BETTER DESSERT?

- Better be delicious - not all chocolate chip cookies are created equal nor are all glasses of wine. Choose it only if delicious otherwise pass for a better choice another time.
- Better be better quality more often - whether bad for you or just not good for you, artificial colors, refined sugars, etc are "no thank you" ingredients for meals & desserts.
- Better be nutrient-balanced - want a carb-based dessert? Choose fish and sauteed veggies for dinner. Want cheese for dessert, skip other animal fats at the meal.
- Better be a better quantity - the first few bites or sips of a dessert will deliver the satisfaction you crave. Split with others, ask for a kid-sized portion or pre-portion amounts at home, in smaller bowls or containers, so you don't over-do a delicious treat.
- Better anytime of day - why not enjoy dessert as your better nutrition pit stop rather than at the end of it. Dark chocolate with nut butter and a tea for a midday pick me up is a better nutrition win, especially if it gives you energy to hit the gym or go for a walk.

BETTER DESSERT TIPS

- BAKED FRUIT WITH THEIR SKINS VS ADDED SUGAR
- GRAINS OR FLOURLESS
- DARK VS MILK CHOCOLATE
- SPICES VS FLAVORINGS
- NUTS & SEEDS
- PLANT-BASED MORE OFTEN
- HELP COMPLETE YOUR DAILY RAINBOW
- LIQUID OR SOLID
- BITES & SIPS
- LESS OFTEN
- CHOOSING IT OR EATING BECAUSE ITS THERE

HOW CAN YOU DESSERT BETTER? The key to better results is assessing where you are at today before you make changes so begin by evaluating your current nutrition with this [your better nutrition plan](#). Additionally, if you like your dessert sweet, you should assess your average [added sugar intake](#) to make sure you don't exceed an acceptable amount, more often. Looking for some better dessert nutrition inspiration? Check out these [better nutrition recipes](#)!

