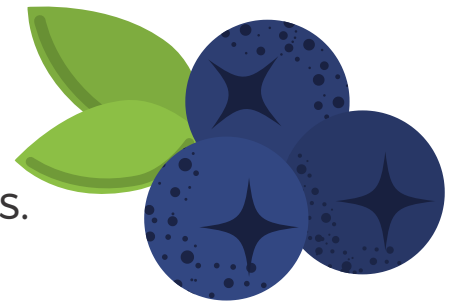


Including foods you love like desserts can make it easier to stick with your plan and prevent you from feeling deprived.

Savoring foods and eating mindfully can help you to enjoy these foods and feel satisfied with a small portion.

How to eat mindfully and savor foods:

- Use your senses- notice the smell, taste, texture, and color of the food.
- Chew slowly and take time between bites.
- Avoid distractions like screens when possible.



How to incorporate desserts into your plan:

- Have a planned dessert night like Tuesdays and Fridays.
- Buy or make dessert foods in smaller portions so you are not frequently tempted to eat them.
- Have healthier alternatives for when you do want something sweet. Things like whole wheat muffins, smoothies, and yogurt parfaits can be a healthy way to incorporate a sweet taste.

Remember: there are no "bad" foods. All foods can fit into a balanced nutrition plan! Use the savoring activity to practice slowing down and savoring.