

Sweets, Treats, & Your Child's Diet

Sweets and treats have a lot of calories and very little nutrition, but they can still fit into a healthy, well-balanced diet.

Eating too many sweets & treats can lead to weight gain, poor health, and dental cavities.

Save sweets and treats for special occasions and try these tips!

1

Serve smaller portions

Use smaller plates or bowls for serving or have children split a treat.

2

Provide smart drinks

Choose water, fat free or low-fat milk, and 100% juice instead of soda and juice drinks.

3

Do not offer treats as rewards

This leads children to think that some foods are better than others.

4

Invent a new snack

Try new combinations of foods, like a snack mix from whole grain cereal, dried fruit, and unsalted nuts or seeds.

5

Dessert doesn't need to be served every day

If you do serve a treat, enjoy it with dinner.

If your child has a sweet tooth, try offering some of the healthy treat options listed below. You can use fresh, frozen, or canned fruit. Get creative and see how much your kids love these treats!



Instead of...	Try...
Ice Cream	Yogurt parfait with low-fat yogurt, whole grain cereal and fruit
Popsicles	100% frozen juice bars
Milkshakes	Fruit smoothies with low-fat milk or yogurt, fruit and crushed ice
Cakes and Cookies	Fruit salad
Cupcakes	Mini muffins bakes with shredded fruits or veggies
Pie	Baked apples or pears sprinkled with cinnamon
Candy	Fresh berries or sliced melon