



DALLAS  
OBESITY  
SOCIETY

## MAKING PEACE WITH THE SWEET LIFE...

### ❖ Challenge the thoughts of good vs bad foods ❖

All foods have **calories** providing the body with **energy**

All foods are made of carbs, protein or fat or a combination—some have a better balance and provide more nutrients than others

Placing foods off limits can lead to a **“diet mentality”** and feelings of **deprivation** making dietary changes **less sustainable**

### ❖ Utilize **mindfulness techniques** to enjoy your sweet choice ❖

Inquire about your reasons for choosing this food

*Hunger, craving, emotions, boredom, habit?*

Think about what amount is appropriate for you

If you find yourself thinking the serving size will not be enough, **consider** that you are anticipating the future instead of **being in the present**

Take the time to enjoy your sweets—think about the things you **appreciate** about the food

Minimizing distractions may provide a more satisfying experience and reduced intake.

### ❖ Keep your weight loss and health goals in mind ❖

Consider how this sweet fits into your weight loss goals

Smaller bowls provide a better presentation of a smaller serving

Pre-portioned sweets may be helpful if mindful portions are a struggle

Well balanced consistent meals throughout the day may lead to decreased desires/cravings and or reduced portions of sweets

