

Sensible Splurge: Indulge Like a Dietitian



- Before deciding to splurge, ask yourself, “do I really *want* this, or am I sad, stressed, or bored?” Getting into the habit of asking this question will help you know when to treat yourself and when to pass.
- Identify high calorie foods that you are willing to forego in order to make room for your splurge. For example, if you know that you are going to indulge in dessert, opt for a side of steamed vegetables instead of French fries with the meal.
- A treat does not have to be all or nothing! When you truly want a particular item, go ahead and soothe that craving with a smaller portion. Allowing yourself a little bit here and there may prevent overindulging later.
- Plan accordingly. If you know that you are going to be indulging, plan for an extra walk or jog, and to eat more healthful foods leading up to or after the splurge.
- Include fresh fruits, whole grains, and/or vegetables whenever possible. For example, enjoy a small portion of ice cream topped with fresh berries, add oatmeal when baking your favorite cookies, or add vegetables to pizza and other favorite comfort foods.
- Share the joy! It is no secret that portion sizes are out of control! Whether you’re dining in or out, if you’re going to splurge, find a friend to share it with. You’ll be eating less and, most likely, enjoying it more!

Some sensible splurges available in our cafes include individually wrapped chocolates (limit 1 piece) and miniature ice cream novelties.

For more information on healthy living, visit our wellness website:

nutrition.ilcreations.com

