

“motivate the
mind; the body
will follow”

HEALTHY DESSERTS



Misty K. Seaborn, MS, FNP-BC

Employee Health and Wellness

Do you consider this a coincidence?

STRESSED

spelled backwards is

DESSERTS



HOW MANY GRAMS OF SUGAR SHOULD YOU CONSUME?

The American Heart Association recommends:

- women - no more than 100 calories **per day** of **sugar**

6 teaspoons or 24 grams

- Men- no more than 150 calories **per day**

9 teaspoons or 36 grams

4 grams sugar = one teaspoon (precise is 4.2)

IS IT REALLY WORTH THE CKAL?

- ***Apple Pie:*** If you eat a tiny slice (2 oz) you will have to walk 36 minutes or jog for 10 minutes to burn that off.
- ***Cheesecake:*** If you eat a small slice (6 oz) you will have to walk 2 hours and 28 minutes or jog for 39 minutes to burn that off.
- ***Chocolate mousse:*** If you eat a medium bowl (9 oz) you will have to walk 2 hours and 32 minutes or jog for 40 minutes to burn that off.
- ***Ice Cream:*** If you eat a large bowl (12 oz or 2-3 scoops) you will have to walk three hours and 42 minutes or jog 59 minutes to burn that off.

Fitness Facts

Calories burned per 1 hour

Exercise	Amount
Running	560
Jogging	490
Walking	245
Bicycling	420

Estimated amount of expended,
calories based on example
body weight of 155 lbs.

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- https://esmmweighless.com/wp-content/uploads/2016/10/Healthy-Recipe-Ingredient-Substitutions_2016.pdf



Healthy Recipe Ingredient Substitutions





Taste test of the sweet treats



References

- American heart association diet and Lifestyle recommendation :2017 heart.org
- https://esmmweighless.com/wp-content/uploads/2016/10/Healthy-Recipe-Ingredient-Substitutions_2016.pdf
- Eatsmartmovemore.org
- Self Regional Catering services: recipe cards
- <https://fitfoodiefinds.com/2014/08/sneaky-spinach-chocolate-chocolate-chip-muffins/>

Carrot Zucchini Bars		Carrot Zucchini Bars	
Courtesy of tastesbetterfromscratch.com		Courtesy of tastesbetterfromscratch.com	
			
Makes: 32-2in bars Preheat oven to 350 degrees F		Makes: 32-2in bars Preheat oven to 350 degrees F	
Ingredients		Ingredients	
For the bars: 2 eggs, slightly beaten 1/2 cup chopped walnuts 3/4 cup packed brown sugar 1 1/2 cups all-purpose flour 1/2 cup canola oil 1/2 tsp. salt 1/4 cup honey 1 tsp. baking powder 1 tsp. vanilla 1/4 tsp. baking soda 1 1/4 cups grated carrot 1/2 tsp. ground ginger 1 cup grated zucchini 1 tsp. ground cinnamon		For the bars: 2 eggs, slightly beaten 1/2 cup chopped walnuts 3/4 cup packed brown sugar 1 1/2 cups all-purpose flour 1/2 cup canola oil 1/2 tsp. salt 1/4 cup honey 1 tsp. baking powder 1 tsp. vanilla 1/4 tsp. baking soda 1 1/4 cups grated carrot 1/2 tsp. ground ginger 1 cup grated zucchini 1 tsp. ground cinnamon	
For the Glaze: 2/3 cup powdered sugar 2/3c skim milk		For the Lemon Cream Cheese Frosting: 2/3 cup powdered sugar 2/3c skim milk	
Preparation		Preparation	
<ul style="list-style-type: none"> In a large bowl, whisk together the eggs, brown sugar, oil, honey, and vanilla. Fold in the grated carrot, zucchini, and walnuts (if using). In another bowl whisk together the flour, salt, baking powder, baking soda, ginger, cinnamon. Add the flour mixture to the wet mixture and stir just until combined. Spread batter evenly into an un-greased 9x13" baking pan. Bake for about 25 min or until a toothpick inserted in center comes out clean Cool completely before frosting. Lemon Cream Cheese Frosting: In a medium mixing bowl, beat the frosting ingredients with an electric mixer on medium speed until fluffy. Spread the frosting over the cooled bars.		<ul style="list-style-type: none"> In a large bowl, whisk together the eggs, brown sugar, oil, honey, and vanilla. Fold in the grated carrot, zucchini, and walnuts (if using). In another bowl whisk together the flour, salt, baking powder, baking soda, ginger, cinnamon. Add the flour mixture to the wet mixture and stir just until combined. Spread batter evenly into an un-greased 9x13" baking pan. Bake for about 25 min or until a toothpick inserted in center comes out clean Cool completely before frosting. Lemon Cream Cheese Frosting: In a medium mixing bowl, beat the frosting ingredients with an electric mixer on medium speed until fluffy. Spread the frosting over the cooled bars.	
Nutrition Per serving:		Nutrition Per serving:	
113calories; 5.3g fat, 18g carbs; 1.5 g protein; 77 mg sodium		113calories; 5.3g fat, 18g carbs; 1.5 g protein; 77 mg sodium	