

# *You Can Have Your Cake and Eat it, Too*

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*Most of us don't really like to exercise nor do we want to give up our desserts. There are easy ways to lessen the calories in desserts and improve the nutritional value.*

What would a birthday be without cake and ice cream or Thanksgiving without pumpkin pie?

Seventy percent of Americans consume dessert at least once a week. Desserts are high in calories. A piece of chocolate cake with chocolate frosting has almost 400 calories. It takes almost two hours of brisk walking to burn off those calories.

There are easy ways to lessen the calories in desserts and improve their nutritional value.

## **Replace oil with fruits and veggies**

Oil or shortening is a key ingredient for a tender, moist cake or muffin. Replacing half the oil or shortening with applesauce, finely-grated squash, pureed fruits or finely-grated cooked beets reduces calories and adds vitamins and minerals to your dessert.

Mix only until blended – overmixing can cause the cake to become tough.

Cake mixes generally have the directions for a lower calorie version on the box. Because shortening is already an ingredient, you can replace all the oil with applesauce.

If you like crisp cookies, you cannot replace the shortening. If you like soft cookies, substituting will work.

## **Improve Omega 6 and Omega 3 balance**

The average American diet is high in Omega 6 and low in Omega 3. Switch from vegetable oil to olive oil, canola oil, coconut oil or butter from grass fed cows to increase the Omega 3 in your diet.

You can also increase Omega 3 by putting a tablespoon of ground flax meal or chia seeds in the bottom of each cup as you measure the flour.



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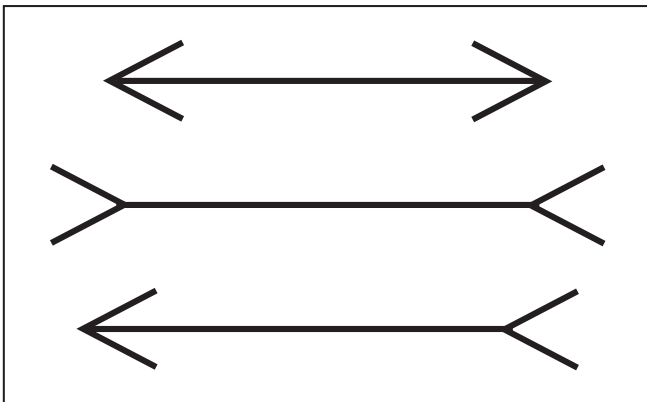
Use golden flax in light colored desserts. Using a mix? Add a tablespoon or two of flax meal. No one will notice, but you will be adding Omega 3 and fiber to your diet. (Store ground flax meal in the refrigerator. If you buy whole flax seed, grind before using.)

## Reduce sugar to lower calorie counts

Using  $\frac{1}{3}$  cup of sugar instead of  $\frac{1}{2}$  cup will save 120 calories. For a recipe using 2 cups of sugar that's a saving of 480 calories. Add extra vanilla or spices for more flavor. Sweet grated carrots, bananas and pureed fruits also add sweetness to recipes, along with vitamins and minerals.

## Tips and tricks for other desserts

1. Make your fruit pie deep dish – use only one crust on the top of your pie.
2. Bake your pumpkin pie without the crust. Omitting the crust saves 90 calories per slice (if cut in eight pieces).
3. Use mini chocolate chips instead of regular chocolate chips. You can use less and still get that wonderful chocolate flavor.
4. When frosting a cake use a thin layer of icing (2 tablespoons of canned frosting is 140 calories). Other alternatives are Greek yogurt, a dusting of confectioners' sugar or a light drizzle of confectioners' sugar mixed with milk.



These three lines look like they are different lengths, but are they?

## Portion Control Made Easier

Dr. Brian Wansink, director of the Cornell University Food and Brand Lab, has researched food eating patterns. He discovered that what we see greatly affects how much we eat.

### Here are some easy ways to trick our eyes and eat less.

1. Use smaller serving dishes. A small piece of cake or pie looks small on a regular size plate. On a smaller plate it will look normal. A  $\frac{1}{2}$  cup of ice cream looks tiny in a soup bowl but just right in a  $\frac{1}{2}$  cup serving bowl.
2. Reduce serving sizes by 20 percent. Experiments have shown that if pieces are too small, our eyes will tell our stomach it was cheated. Cut a sheet cake into 15 pieces instead of 12 or make cupcakes instead of a sheet cake – but eat only one!
3. It takes 20 minutes for our brain to realize that our stomach is full. Pay attention as you eat and stop when you are beginning to feel full. It really doesn't help starving children if you finish your plate, but it can lead to weight gain.
4. Limit pre-packaged cookies and treats to a single serving and store packages in the cabinet. Serve your dessert and put any extra out of sight immediately. Research shows that if we don't see more food, our mind will decide our stomach is full.
5. Share a dessert at a restaurant or take half home for later.

You can have your cake and eat it too!

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