



American
Heart Association

GS7

GROCERY SHOPPING

“Appeeling” Desserts

Time: 70 Minutes

SAY:

Many of us will readily confess to having a sweet tooth and agree we enjoy dessert at one time or another. Desserts are a perfect way to mark special occasions.

They bring a festive meal to a happy and celebratory close. But if we want to maintain a healthy eating pattern, we must be careful not to let sugary treats

INJc`N A UAIVr™ 1sTAn JAa IN LVS€Js^r rc resist. Eating a lot of sugar gives us empty calories (calories that have no nutritional value). It can make us gain weight and can increase our risk of heart disease and diabetes. Today we're going to talk about a naturally sweet dessert: fruit. Eating fruit regularly or fruit-based desserts in moderation won't sabotage your healthy eating pattern.

NATURALLY OCCURRING SUGARS VERSUS ADDED SUGARS

It's important to know the difference between naturally occurring sugars and added sugars. Naturally occurring sugars are found in foods such as fruit (fructose), which is what makes it a healthy option for a sweet treat. Naturally occurring sugar is also found in beverages such as milk (lactose).

Added sugars are sugars added to foods and beverages when they're processed or prepared. Added sugars are present in cakes, cookies, pies and ice cream—all traditional forms of dessert. Sugary drinks of all sorts—energy drinks, soda,

“Appeeling” Desserts Demo Script (Continued)

HEALTHY PREPARATIONS FOR FRUIT DESSERTS

SAY:

Now let's talk about some useful and healthy cooking techniques for fruit and fruit-based desserts.

Baking

Use an oven to cook fruit or fruit-based desserts. The dry heat keeps the fruit healthy. Unlike frying, baking does not add unhealthy saturated fats. Try:

- Peaches stuffed with unsweetened dried fruit and sprinkled with chopped nuts
- Cobblers or crisps. They also contain whole grains like oats. You can vary the central fruit or use a combination of fruits—cherries, blueberries, blackberries or pears are all great choices.

Grilling

Cook fruit with intense, direct heat. Grilling brings out the natural sugars, which caramelize in the high heat, giving

“Appeeling” Desserts Activity Script

Divide participants into two teams to prepare the Warm Cinnamon-Raisin Apples.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand,

Warm Cinnamon-Raisin Apples

Frozen Yogurt Bark

Makes 8 servings; 2 pieces per serving
Per serving: 70 Calories; 0.5 g Saturated Fat; 15 mg Sodium

This frozen yogurt bark is studded with fruit. It's a pretty dessert and a fun treat for kids and adults alike.

INGREDIENTS
