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Choose to eat fruit for dessert



As often as possible, try to choose *only* fresh fruit whenever you want or are offered dessert. This practice, if it becomes habitual, will cut down on all the ‘calories’ and unwanted ingredients decadent desserts offer. And you are also increasing your fruit consumption, if that is a problem for you.

It may be difficult to do this if you are a dinner guest or when eating in a restaurant. It’s much easier, of course, when you are at home. There’s no problem with grabbing an apple or pear for dessert. And when you offer dessert to your company, you have the choice of serving a colourful-looking fruit arrangement. Perhaps offer small bowls of optional toppings or additions to the fruit, like nuts or seeds, shredded coconut, or cinnamon. Call them healthy “sprinkles.”

Surf the net and you’ll find lots of creative ways to serve fruit, like carved watermelons, pineapples, or cantaloupe, etc. If you are an artistic person, you’ll be

in your element. But you don’t have to get too fancy (it does take time to prepare). You can simply arrange the cut fruit on a platter or in a bowl.

And by the way, when I say fruit, I mean *just* fruit – no caramel sauce or powdered sugar, etc. Plain, unflavoured yogurt is fine served with the fruit. However, the fruit-added yogurt always has some kind of sugar or artificial sugars added. Try to avoid those as you practise this tip. Fruit itself is sweet enough; table sugar and even honey, stevia, or agave nectar are often overkill and not necessary.

Keep your fruit dessert as natural and as unchanged as possible. You can choose to bake the fruit. But it may be difficult to enjoy a plain baked apple with cinnamon only, if you are used to also having butter and brown sugar with it. Here's a suggestion for "cooking" your fruit dessert: Slide a selection of fruit slices on a wooden skewer (optional; you can *lightly* brush it with oil, so it won't dry out too much) and grill it on the barbecue or in the oven. This might pass everyone's taste test because fruit often tastes sweeter when it's baked. Fruit can also taste sweeter when it's frozen. Eating frozen grapes and strawberries, etc., is a nice cooling treat when it's hot outside.

Your metabolism will thank you after having a small serving of fresh fruit, instead of a huge serving of fat and sugar-filled cake or pie (not to mention the many mysterious additives in commercially prepared desserts). And you probably won't feel lethargic after eating fruit. You may even feel energetic enough to take an after-dinner stroll.

When you are at a restaurant skip the dessert menu. Perhaps ask if they happen to have fresh fruit (well, it doesn't hurt to ask!) If not, have fresh fruit afterward at home. When eating at a friend's, opt out of dessert if it's offered. You can choose to tell them you are cutting back on typical desserts at this time. Perhaps warn them first, when they initially invite you, instead of announcing it right when dessert is served. It's the considerate thing to do, to save them the fuss of preparing an elaborate dessert that you aren't having! Hopefully, they'll be supportive of your "experiment." Maybe they'll decide to serve you fresh fruit! You can also offer to bring the dessert, telling them you'll be happy to provide a fruit platter.

Experiment with fruit that you haven't tried yet. How about starfruit, dragon fruit, mangosteen, kumquat, or Asian pears? Search for them on the internet to learn more about these interesting fruits – and many others. You'll treat your body to a wider variety of antioxidants like polyphenols and other disease-fighting properties.

Eve Lees has been active in the health & fitness industry since 1979. Now retired, she was a Freelance Health Writer for several publications and gave speaking presentations to business and private groups on various health topics. <https://www.artnews-healthnews.com/health-writing>

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