

Healthy Living Focus Sweet Treats



Hello, and welcome to the Healthy Living Focus. In this edition we are looking at 'sweet treats', think jelly sweets, hard boiled sweets, and pick 'n' mix! We will find out what makes sweet treats unhealthy, why we crave them, as well as look at some delicious alternatives for these nostalgic sweet treats to provide that sweet fix!

What makes sweets unhealthy?

- Typical sweets and candies are high in sugar, which can contribute to weight gain, as well as conditions such as diabetes and high blood pressure.
- They also contain a lot of artificial flavours and colours.
- They contain a lot of calories
- They provide little to no nutritional value.

Fruity treats

- How about fresh fruit? Naturally high in fibre and vitamins, fruit is sweet and tasty but without the added calories.
- How about dried fruit? Often chewy and colourful, dried fruit can be a great alternative to traditional sweets, while still offering some nutrients.
- Have you tried frozen grapes? Roll a few grapes in granulated sweetener, and freeze on a baking tray to make the perfect healthy sweet snack.

Tips to manage sweet cravings

Make meals matter: enjoy meals packed with whole ingredients.

Eat little and often: this helps to maintain blood sugar levels.

Keep trigger foods out of sight: 'out of sight out of mind', simply remove temptation out of the house.

Healthy Living Goal

Why not try one of our fruity treats for a healthy snack this week?

Why do I crave sweet treats?

There are many triggers that can cause us to crave sweet things.

Common triggers are feeling bored, stressed, lonely, or worried.

To find your emotional triggers, track when you crave sweets. Every time you crave something sweet, write down what you are feeling at that time. Make sure you pinpoint each emotion you are feeling.

For example, you crave something sweet after a disagreement with a friend, or cancelled plans. Your sweet cravings may be the result of sadness or disappointment.

Beat the Boredom

- ✓ Find something you enjoy doing and make it a hobby!
- ✓ Go for a long spring walk.
- ✓ Read a good book or listen to some music.
- ✓ Tidy your personal space to create a calm and relaxing environment.



Visit <https://www.bbcgoodfood.com/howto/guide/sweet-tooth-10-ways-to-manage-your-sugar-cravings?msclkid=ea208aacbod511ec8fdo2b3d4e06071> to see ways to manage sugar cravings.

RECIPE OF THE WEEK

Coconut dusted energy balls



Ingredients

72g of raw almonds

58g of raw walnuts

73g of raisins

3 pitted dates

1/2 teaspoon of
cinnamon

1/2 teaspoon of vanilla
extract

93g of shredded coconut

Method (makes 12)

1. Finely chop the almonds and walnuts in a food processor.
2. Add the rest of the ingredients — except the coconut — and pulse until you get a sticky mixture.
3. Form 1-inch (2.5-cm) balls with your hands, then roll each one in shredded coconut until fully coated.
4. Place on a tray lined with baking paper and chill in the fridge for 6 hours. One set they can be transferred to a Tupper wear container where they will keep for 2-3 days in the fridge.

Healthy Living Tips

These sweet treats contain wholesome ingredients that provide enough fiber, protein, and healthy fats to keep you feeling full while being lower in sugar and additives than typical sweet treats.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

