

# *Holiday Health Hints*

## **Sweet, Smart Celebrations**

(NAPSA)—One of the best gifts you can give yourself this holiday season involves controlling your sugar intake.

Between parties, stress and, of course, fruitcake, it can be easy to let your sweet tooth be your guide during the holidays. But keep in mind that the same reasons for watching sugar during the rest of the year still apply during holidays. High-sugar diets can lead to weight gain, dental issues and, in some cases, early-onset diabetes.



“The good news is that there are simple ways to enjoy holiday sweets without the sugar,” says Heather Hawk, a national health and wellness correspondent and television, radio and video host.

For instance, Baskin-Robbins Candy recently introduced delicious sugar-free hard candy in the popular Baskin-Robbins ice cream flavor Cookies 'n Cream. This healthier-for-you treat is made with real cream and dark cocoa and is a great way to satisfy your holiday craving for sweets.

Try these additional tips for cutting holiday sweets:

- Drink plenty of water during the day and evening to help satisfy hunger and curb your appetite.
- Have a small meal before you go out to help fight off cravings.
- If baking, use less sugar and more cinnamon, vanilla or nutmeg.
- If you're out to eat, share a dessert. For more information, visit [www.baskinrobbinscandy.com](http://www.baskinrobbinscandy.com).