

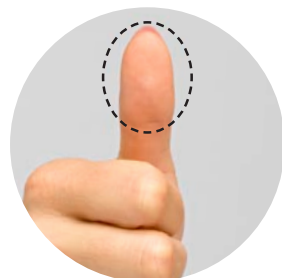
# eat all these *treats!*

Cookies, candy, holiday yumminess—it's everywhere you look. Here's a *handy* (ha!) guide to indulging without overdoing it!

## CHOCOLATES

Pick out three from the box, as long as each is roughly the size of **the top half of your thumb!**

**FYI:** The antioxidants in dark chocolate can be good for your skin!



## APPLE PIE

Cut a slice that's one-eighth of a pie. At its widest point, the crust should be about two inches across—that's **the length of your pinky finger!**

**FYI:** You can have dessert about three times a week, as long as you're also eating three meals a day that include fruits, veggies, whole grains, and lean protein.



## SUGAR COOKIES

Make a **tight fist** with your thumb side up. If the cookies are about that size or smaller, have one as a snack—or two if it's your dessert.

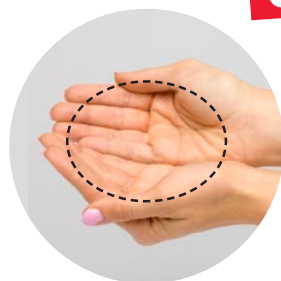
**FYI:** A thick layer of frosting will pile on the sugar and fat—but a touch of icing or sprinkles adds *just* the right amount of sweetness!



## CARAMEL POPCORN

**Cup your hands** closely together. The perfect portion (about three-quarters of a cup) will fit neatly inside!

**FYI:** Popcorn's fiber fills you up fast, so even a little is *super-satisfying*.



**17 EXPERT:** Lisa R. Young, R.D., a nutritionist in New York, NY, and the author of *The Portion Teller Plan* (Morgan Road Books, 2006).

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