

# Holiday Desserts: You Can Buy Your Cake and Eat It, Too

## Supermarket Desserts Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed as prepared and alphabetically.

✓ = EN's Picks. Dessert picks contain no more than 310 calories (16% DV), 12 grams of fat (18% DV), and 5 grams of saturated fat (15% DV).

Supermarket Desserts	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
<b>CAKES</b>							
Entenmann's Chocolate Chip Iced Cake	1/8 cake	330	18	7	40	31	170
✓ Entenmann's Chocolate Truffle Iced Cake	1/8 cake	260	12	4.5	36	28	210
✓ Entenmann's Marshmallow Iced Devil's Food Cake	1/8 cake	260	12	4.5	38	30	210
Entenmann's Lemon Crunch Cake	1/8 cake	320	13	4	50	35	300
Entenmann's Louisiana Crunch Cake	1/8 cake	310	13	3.5	47	33	300
Entenmann's Ultimate Crumb Cake	1/8 cake	280	14	6	36	16	280
✓ Pepperidge Farm Chocolate Fudge 3-Layer	1/8 cake	230	10	2.5	33	23	130
✓ Pepperidge Farm Coconut 3-Layer Cake	1/8 cake	240	10	3	35	25	120
✓ Pepperidge Farm Orange Crème 3-Layer Cake	1/8 cake	210	9	2	32	23	115
Trader Joe's Karat Cake	1/8 cake	320	19	5	37	27	280
Trader Joe's Opera Cake	1/8 cake	160	9	6	16	13	35
<b>CHEESECAKES</b>							
Sara Lee New York Style Cheesecake	1/6 cake	480	30	15	47	32	490
Sara Lee Original Cream Cheesecake	1/4 cake	320	17	8	36	25	250
✓ Sara Lee Original Cream Cheesecake Strawberry	1/4 cake	310	11	4.5	49	33	250
Trader Joe's New York Deli Style Baked	1/7 cake	400	28	17	32	23	220
<b>PIES</b>							
Edward's Banana Crème Pie	1/6 pie	480	29	20	57	37	330
✓ Edward's Boston Cream Pie	1/10 pie	210	10	5	31	23	170
Edward's Cookies & Crème Pie	1/6 pie	470	28	20	52	35	310
Edward's Key Lime Pie	1/8 pie	450	22	16	57	46	310
Edward's Lemon Meringue Pie	1/8 pie	350	8	4	62	52	250
Edward's Turtle Pie	1/8 pie	390	22	12	46	32	270
<b>OTHER DESSERTS</b>							
Delizza Belgian Mini Cream Puffs	6 puffs	270	22	14	13	7	55
Delizza Belgian Mini Eclairs	6 eclairs	280	18	11	26	20	90
Trader Giotto's Tiramisu Torte	1/7 cake	230	12	7	24	18	20
Trader Joe's Apple Strudel	1/6	240	12	6	32	16	110
✓ Trader Joe's Apple Tarte Tatin	1/6	210	8	5	33	11	180
✓ Trader Joe's Raspberry Tarte	1/4	290	10	5	51	27	110
<b>SINGLE SERVING</b>							
Edward's Singles Cherry Pie	1	390	20	10	48	19	340
✓ Edward's Singles Hot Apple Crisp with Creamy Ice Cream	1	310	8	4.5	56	39	170
Edward's Singles Hot Turtle Brownie with Creamy Ice Cream	1	350	17	7	49	33	260
Trader Joe's Chocolate Lava Cakes	1	360	23	13	40	25	240
Trader Joe's Crème Brûlée	1	340	27	17	22	15	30
✓ Weight Watchers Smart Ones Chocolate Éclair	1	140	4	1	24	10	180
✓ Weight Watchers Smart Ones Double Fudge Cake	1	170	4	2	31	14	260
✓ Weight Watchers Smart Ones Peanut Butter Cup Sundae	1	170	5	2.5	28	13	90

Note: g=gram, mg=milligram, Sat Fat=saturated fat, DV=Daily Value, daily requirement based on 2,000 calorie/day diet.

Source: food manufacturer labels and company websites.

The season is upon us. Everywhere you turn there's another family gathering, office party, neighborhood get-together, or other food-focused festivity. It's nice to celebrate the holidays and other special occasions with a decadent splurge, but sometimes it's tough to find the time to bake. There's no need to worry. The grocery store will give you an array of convenient sweet treats from which to choose. But what are the better choices when trying to keep your health—and waistline—in check? While you can easily take in half a day's worth of fat and a fourth of your calorie requirement in a single serving of some supermarket desserts, there are many that will fill the bill without quite as much negative nutritional impact. Check out *EN's Picks* for the lightest desserts available in the supermarket when it's time to splurge.

### Helpful Hints

Whether your favorite dessert is a creamy cheesecake, frosting-filled layer cake, or old fashioned apple pie, use the tips below to help you enjoy it in guilt-free fashion.

- **Check out the portion size.** Before you dig in, read the food package label for suggested serving size. If you cut a double-sized slice of cake for yourself, you're doing double the damage in terms of calories and fat.
- **Try a smaller serving.** Granted, many of these portions aren't gigantic to begin with. But most can be pared down a bit to save some additional calories and fat.
- **Take your time.** Indulgences like these deserve your time and attention. Don't gulp your piece of cake or pie in a rush. Enjoy it slowly, savoring each bite. It'll last longer, plus you'll be able to fully taste and appreciate each morsel.
- **Make room for dessert.** Try to fit in an extra walk or exercise class a few times a week. On down days, when there are no holiday parties on the agenda, follow your best healthy eating routines. This combination can help you fit in a few desserts over the course of the holiday season without weight gain.

—Heidi McIndoo, M.S., R.D.