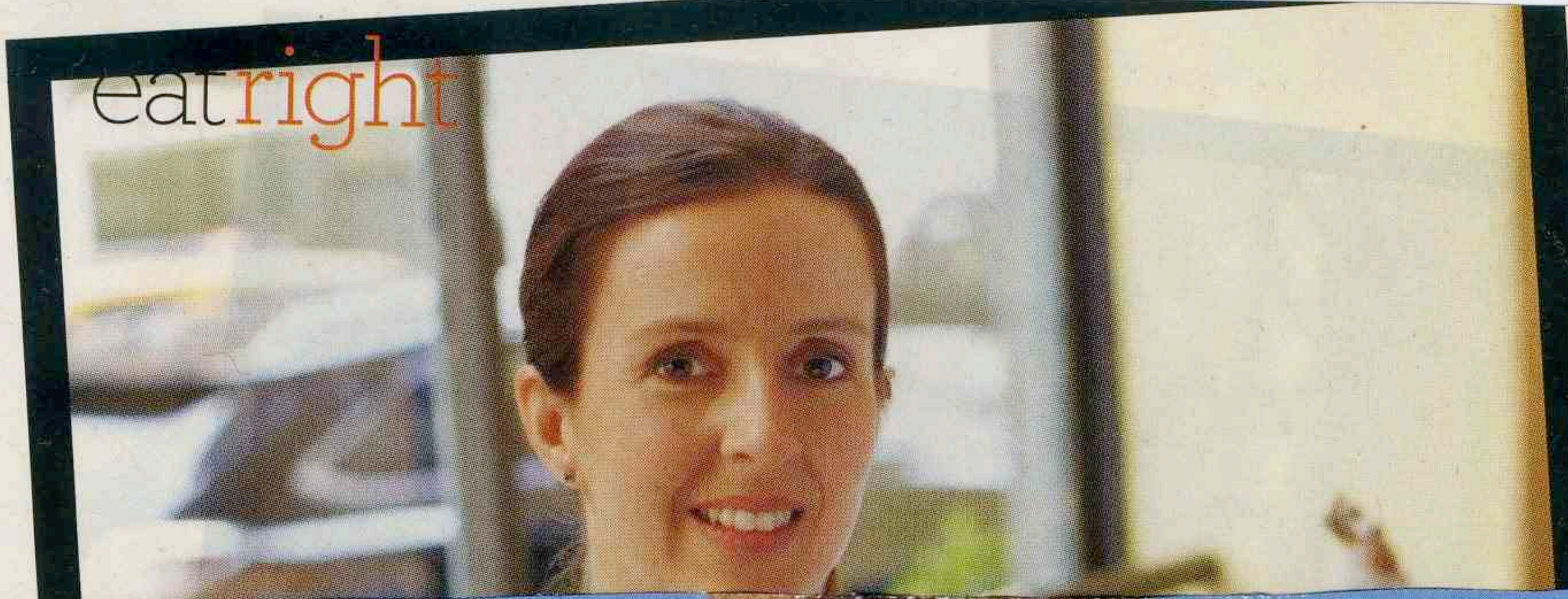


eatright



fitness



250

Number of desserts
Racicot prepares
on a typical
Saturday night

DIET DOWNFALL

You can't resist chocolate.
Or cookies. Or ice cream.

PRO DEBORAH RACICOT, the pastry chef at Gotham Bar and Grill in New York City, whose signature desserts include white chocolate cheesecake cannoli and warm sugared doughnuts

DECLARE ICE CREAM SUNDAY Racicot's secret for resisting her brownies? A weekly brownie sundae party for the restaurant staff. "When the crumbs look tempting, I think about the sundae and hold off," Racicot says. "If you give yourself permission to have an over-the-top dessert once a week, you can plan for it and get the craving out of your system," explains FITNESS advisory board member Lisa R. Young, Ph.D., R.D., author of *The Portion Teller Plan*.

SWEETEN THE DEAL Why is it that you can inhale two bags of M&M's but just a few truffles? Because when you eat rich, flavorful sweets, you're satisfied with fewer bites, Young says. In your kitchen, opt for one of Racicot's favorite chocolates while baking desserts: super-intense Valrhona (\$12.99 for an 8.8-ounce bar, valrhona-chocolate.com).

GET FRESH To put the brakes on noshing when she's working, Racicot preps sliced pineapple or jicama sprinkled with lime juice and salt (the perfect cure for sweet or salty cravings). Eating a variety of produce will treat your taste buds and help satisfy your sweet tooth. So skip the apple—or orange—a day in favor of mango dusted with chili powder or berries with Greek yogurt.