Got a late-night sugar craving that just won't quit? "To satisfy your sweet tooth without pushing yourself over the calorie edge, even in the late night hours, think 'fruit first,'" says Jackie Newgent, RD, author of The Big Green Cookbook. So resist that chocolate cake siren, and instead enjoy a sliced apple with a tablespoon of nut butter (like peanut or almond) or fresh fig halves spread with ricotta. Then sleep sweet, knowing you're still on the right, healthy track.