

The Wellness News

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Tricks for a Healthy Halloween

It's October, which means Halloween is right around the corner. Here are some tips to help you stay smart and healthy during this sugar-heavy holiday.

Healthy Halloween Tips:

- Don't buy candy for trick-or-treaters until the day of. This can limit your candy cravings during the days leading up to Halloween.
- To control temptation, avoid buying your favorite candies and stick to ones you don't care for as much.
- Cook healthy meals that are high in protein and fiber. This will keep you full and satisfied, instead of hungry for sweets.
- Buy low calorie candy options that can satisfy your sweet tooth and not widen your waistline.
- Do not keep candy where you can see it. Out of sight, out of mind!
- Chew a piece of sugarless gum or eat some fruit when you have a sugar craving.
- Drink lots of water to stay hydrated and full.
- Handout healthier options like mini granola bars, fruit roll-ups, fruit leathers, or little toys.
- Get rid of the candy. Give yourself a certain amount of time to have it around, then throw it out, or better yet, donate your leftovers.
- Join in on the trick-or-treating fun. All of that walking is a great way to exercise, and it's not every day you get to work out in costume!

According to a spokeswoman for the *American Dietetic Association*, sour candy, gummy-textured candies, hard candies, and others without chocolate are lower in fat and calories and typically not the candy we overeat.

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Smart Halloween Candy Choices

Although it is best for your health to stay away from sweets, it is okay to get into the Halloween spirit by treating yourself to a guilt-free candy option (in moderation, of course). Check out this list to find out which candies are best when indulging in some harmless Halloween fun!

<u>Candy</u>	<u>Calories</u>
Gummy Bears	57 calories per 8 pieces
Charms Blow Pop	60 calories per 1 piece
Sweetarts	60 calories per 13 pieces
Hershey's Kisses	67 calories per 3 pieces
3 Musketeers minis	73 calories per 3 pieces
Fun Size Skittles	80 calories per package

Halloween Safety

Halloween can be a very fun time to dress up, carve pumpkins, and trick-or-treat, but it is also a time to be extra smart and careful. Follow these guidelines for a safe and fun Halloween!

Halloween Safety Tips:

- Avoid trick-or-treating alone. Walk in groups or with adults.
- Carry a flashlight while walking on the street so others can see you.
- Avoid eating homemade goodies, unless you know and trust the person who made them.
- Don't let children enter other people's homes unless they are with an adult.

- Make sure that costumes are safe, and that any type of mask still allows for good peripheral vision.
- Know where your kids are going or what type of events they may be attending. Also set a curfew for them to follow.



Call Your Health Coach for More Information 1-888-493-5522

Sources: <http://www.webmd.com/diet/features/10-tricks-avoid-halloween-candy-temptations>
<http://www.redbookmag.com/recipes-home/tips-advice/halloween-candies>
<http://www.halloween-safety.com/>